

# May Newsletter



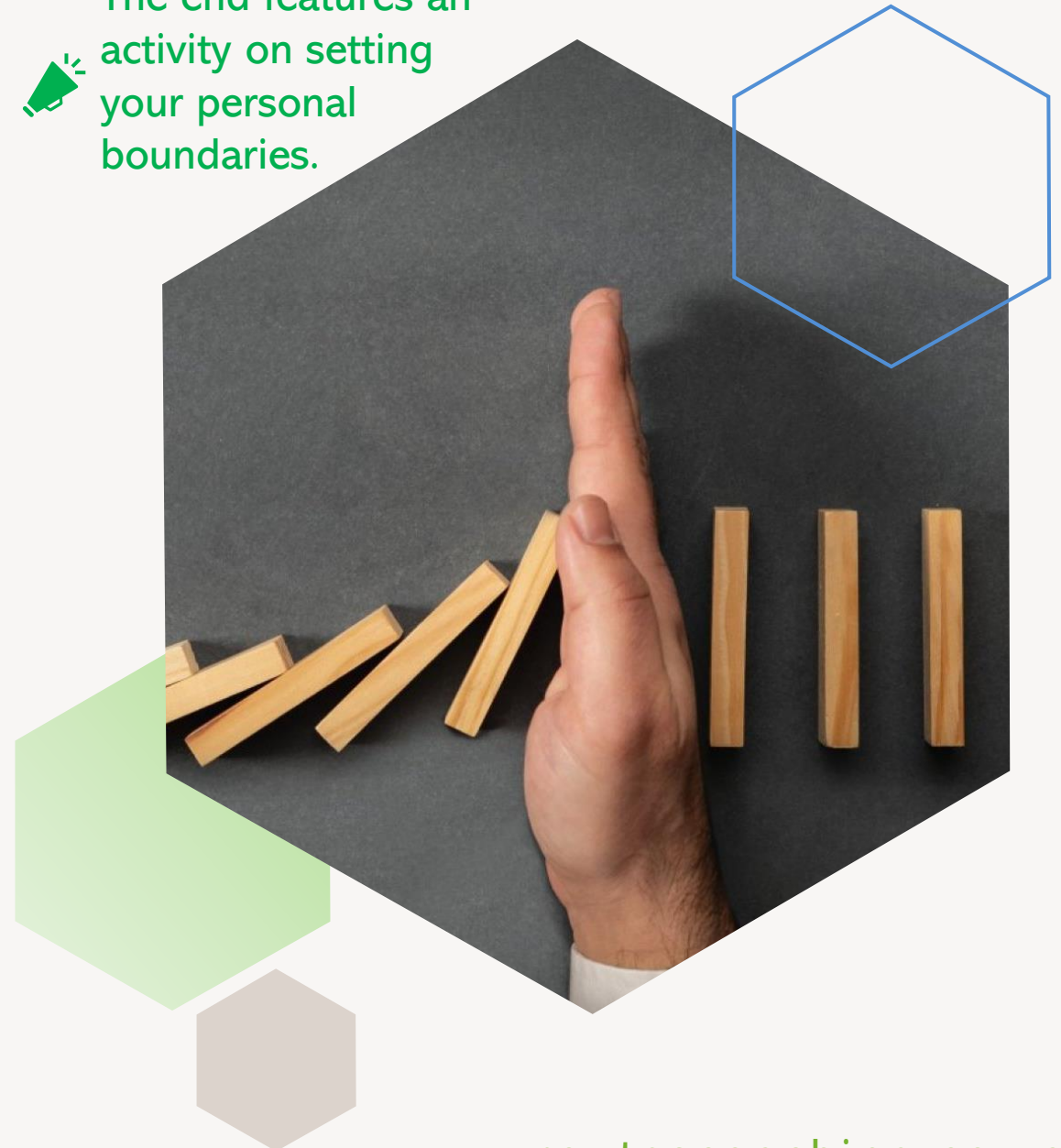
Welcome to our May newsletter!

This edition dives into the fundamental concept of boundaries and exploring effective strategies for setting and maintaining them. This can be hard for those who are natural empaths, who struggle setting boundaries in their personal and professional life.

Setting boundaries is an essential aspect of self-care and personal growth. When we establish healthy boundaries, we allow ourselves to safeguard our emotional and physical well-being and honor our values.



The end features an activity on setting your personal boundaries.



Too often we sacrifice our own time, energy, and emotional well-being for others. Overtime this can become taxing, leading to a normality in your relationships which allows others to take advantage. Once it gets to that point it can become even more difficult to set and maintain boundaries.

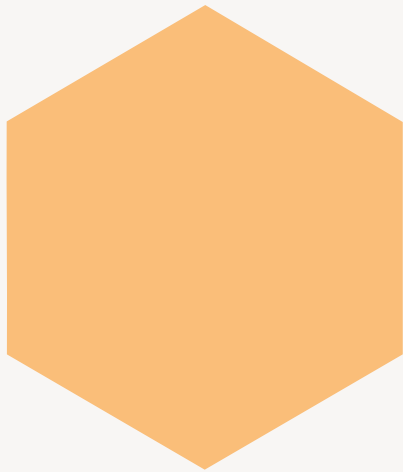
## So, what are boundaries?

Think of them as the invisible lines we draw around ourselves to define what is acceptable and what is not in our interactions, relationships, and personal/professional environments. Boundaries serve as guidelines for how we expect to be treated and what behaviors we deem appropriate.

## But how do we set boundaries effectively?

It starts with self-awareness and self-compassion. Understanding our own needs, values, and limits is crucial in identifying where boundaries are necessary. Reflect on what makes you feel uncomfortable or drained in certain situations and recognize those as potential areas where boundaries need to be established.





### RIGID BOUNDARIES

Avoids intimacy and close relationships.  
Unlikely to ask for help.  
Very protective of personal information.  
May seem detached, even with romantic partners.  
Keeps others at a distance to avoid the possibility of rejection.



### POROUS BOUNDARIES

Overshares personal information.  
Difficulty saying NO, to the requests of others.  
Overinvolved with others' problems.  
Dependent on the opinions of others.  
Accepting of abuse or disrespect.  
Fears rejection if they do not comply with others.



### HEALTHY BOUNDARIES

Values own opinions.  
Doesn't compromise personal values.  
Doesn't compromise other's values.  
Shares personal information in an appropriate way.  
Knows personal wants and needs and can communicate them.  
Accepting when others say NO to them.



Healthy boundaries mean that you can say no, when needed and means that you are comfortable to open up to healthy relationships.

“ A healthy relationship is one in which neither party silences, sacrifices, or betrays the self and each party expresses strength and vulnerability, weakness and competence in a balanced way.

*Harriet Lerner.* ”



## Why is it important to set boundaries?

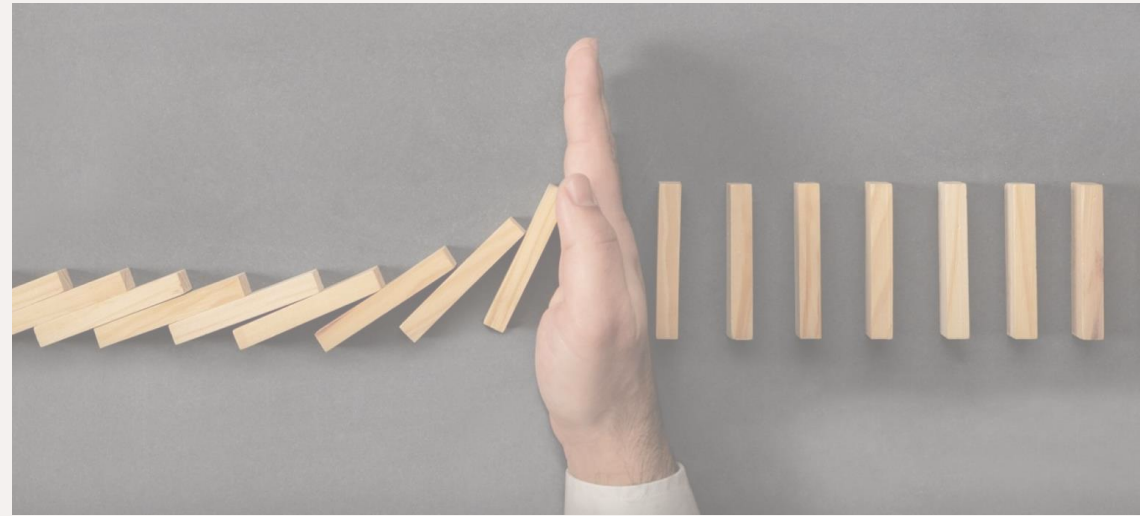
- Self-care and self-respect
- Setting limits in a relationship in a way that is healthy
- To communicate and uphold your needs within a relationship
- To make space for positive relationships to grow.

## Barriers to setting healthy boundaries?

- Fear:
  - Of rejection
  - Of confrontation
  - Of perception and reputational damage
- Guilt
- Not knowing how to set healthy boundaries



## What are your personal barriers to setting boundaries?



Once boundaries are set, it's important to uphold them consistently to reinforce their importance and maintaining healthy relationships with others.

Remember that it's okay to say no and prioritize your well-being, even if it means disappointing or upsetting others.

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# Setting Your Personal Boundaries



## What boundaries are important to you to uphold your core values:

There are a number of ways to create and honour boundaries that are important to uphold your core values:

Time:

Emotional:

Energy:

Intellectual property:

## Your core values:

## Understanding your boundaries that are compromised, and by whom:

List at least 5 boundaries (for any area of your life) that need strengthening. Identify the potential solution to enforcing your boundary. The solution could be anything from having a conversation with the offender or to removing yourself from the situation.



*Please reach out to us if  
you would like to learn  
more about setting your  
boundaries.*

## CONTACT US

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