



# Boundary Language Tips & Visualization Exercise

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## **Boundary Visualization Exercise:**

Think about the answers to the following questions to uncover your downloaded boundary blueprint:

- In the family you grew up in, did people talk about problems?
- Were people allowed to express what they wanted or disagree?
- Were you punished if you disagreed with what the rest of the family was doing?
- Was there effective or ineffective communication?
- Were you encouraged to speak your mind and tell the truth?
- Or were you discouraged by being punished if you did those things?

Just take a minute to clearly visualize the way your family related their boundaries.

Drawing boundaries effectively is actually learning an entirely new language. Think about who you are trying to draw boundaries with in your life now.

There are many simple ways you can draw boundaries, even with difficult people, you just need the courage to do it.

## **Boundary Language Tips:**

### *1. Take control*

The first tip is to stop the bad conversation before it goes off the rails. You dictate the mood. If you are talking to someone who is getting defensive, angry or starts name calling and blaming, you have to get yourself out of that conversation. You can say, in a calm and even loving tone, "Hey, the moment that you start raising

your voice, I know nothing productive is going to happen. So I'm telling you that I will not be tolerating this type of interaction because it's not good for either one of

us." So you can then get off the phone or leave the room. Say that you will talk again later when they are more calm. The key is to stop the pain. You say goodbye and then turn off your phone. This is really hard for people who are codependent to draw this boundary and not go back on it. It will kick up a lot of fear for you to do this. Your job is to make the other person take you into consideration with your fantastic boundaries.

## *2. Start small - Make a simple request*

If you have a boyfriend or a boss or a friend who is constantly making decisions for you or setting the rules, you can make a request that they give you notice or consider your feelings or respect your space and time. It takes courage to make these requests. It is necessary for you to get empowered to speak your preferences or nothing will change and you and your thoughts and feelings will be lost in the shuffle. The crucial element to setting successful boundaries is consistency, and this is where it gets difficult. You have to learn the boundary basics and then use them over and over again to keep your boundaries firm, yet fair.

Remember, establishing healthy boundaries in all of your relationships is a radical act of LOVE. The only way anyone can authentically **love you** is if you allow them to authentically **know you**. And you deserve Real Love!