

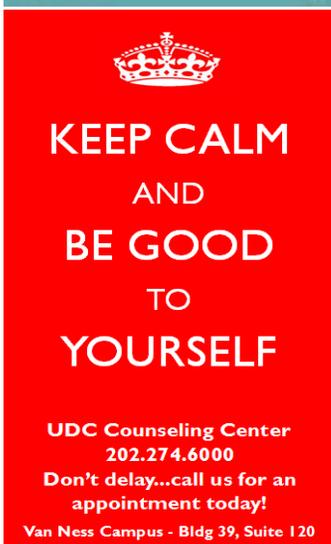
A Lesson in Boundaries

By Stacy Sanders, J.D.

Domestic Violence is a direct result of a failure to establish personal boundaries, and establishing personal boundaries is important in promoting safety, self-confidence and self-esteem but is also key in maintaining healthy relationships.

**Domestic Violence
Prevention and
Intervention
March 11, 2015
3:30-5:00 pm
Building 44, Room A03**

Learn about:
Preventing violence,
safety planning,
counseling resources,
navigating the legal process,
and much more!



Football player, Ray Rice; football player, Adrian Peterson; Army Veteran, Rebecca Smith; and White House Liaison, Jay Michael Farren have a common underlying issue. They each committed an act of violence against another individually demonstrating a lack of boundaries. Individuals are often unaware that they have a boundary issue. Misogynistic music and other media influences; expansion in the types, popularity and real-time nature of social media, and genetically inherited familial rules all contribute to the creation and disintegration of boundaries. Certain acts which were once found detestable are now acceptable because the culture has eliminated previous social mores regarding physical and emotional boundaries. Boundaries are important to prevent violence and are helpful in maintaining self-confidence, self-control, self-esteem and healthy personal relationships.

How to Determine Whether you have a Boundary Issue

If you answer yes to any of the following you may have weak boundaries.

1. Do people frequently take advantage of you?
2. Do you have a hard time saying or hearing the word "no"?
3. Do you find that you are often overcommitted?
4. Are you anxious because of your commitments?

These are only a few questions that can help you determine whether you have a boundary issue. Consider asking others help you determine whether or not you have a boundary issue.

How to Respect the Boundaries of Others

Few people would admit that they have boundary issues, especially those who cross boundaries. Those who frequently cross boundaries often get labelled as "controlling," "overbearing" and "smothering." Controllers are more easy to recognize as having a boundary issue than those who are overly compliant. In any case, it is essential to respect the boundaries of others and here are a few ways to achieve that goal:

1. The easiest way to respect boundaries is to **follow the Golden Rule**. It sounds cliché but treating another as you want to be treated would eliminate a great deal of boundary issues.
2. **Enlist help from others** and tell them you want to be "boundary loving." Many HR Professionals have started using the "red light," rule in order to create boundaries within the work place. Perhaps take a similar stance and ask those around you to say "red light" when you need to pump the brakes in order to maintain healthy boundaries.

How to Establish Personal Boundaries

It is important to establish personal boundaries for a number of reasons, and the sooner the better.

1. **"Let your yes be your yes, and your no be your no."** Another frequently used expression is "No," is a complete sentence." Often individuals who have weak boundaries have a hard time saying "No" or accepting another person's use of, "no."
2. **Don't feel guilty for establishing boundaries.** People who cross boundaries tend to use guilt frequently as a tactic to get results, while those with weak boundaries are often frequently guilt stricken.
3. **Set a goal.** Persons with weak boundaries can make a goal to limit the number of times they use, "Yes," or they could increase the number of times they use, "No." This works well especially for individuals who overcommit.

* This is not an endorsement for the book "Boundaries," nor is the author or the UDC Counseling Center receiving any promotions

Quote For Thought:

"There is no unity without distinct identities."

Dr.'s Henry Cloud & John Townsend