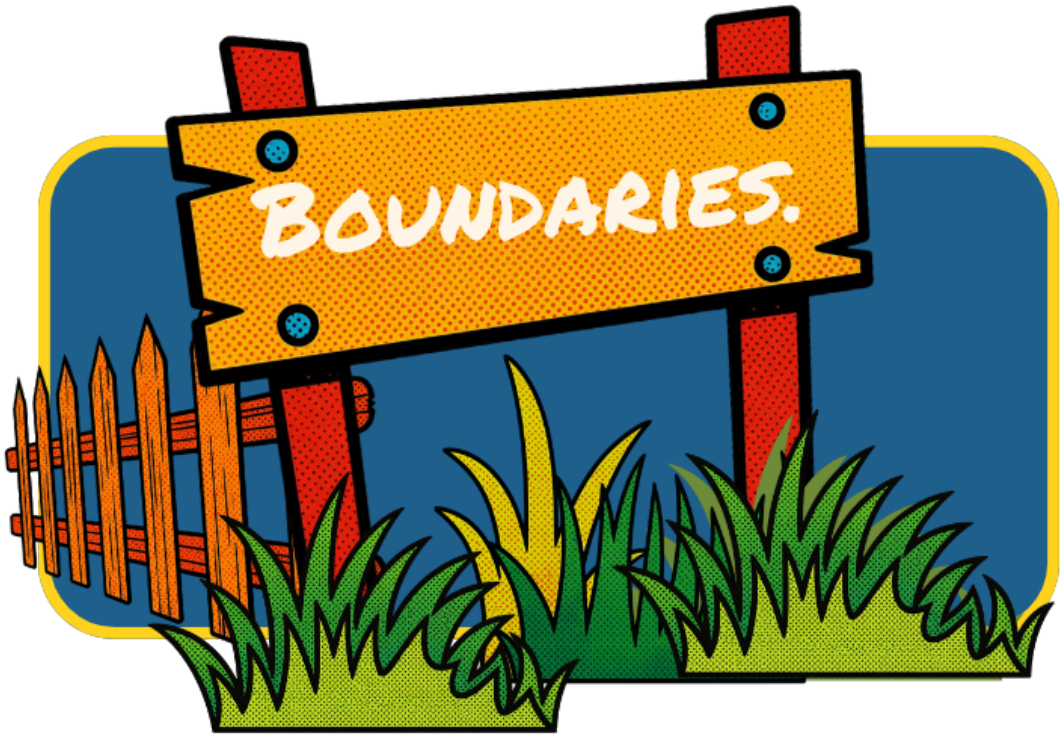


Journal Reflection Questions

Defining Boundaries.
Your mental dictionary.

What does **boundary** mean to me?

When thinking of how I have set boundaries and been the recipient of boundaries, what is my experience with this definition?

Boundary Reflection

What areas of life do **boundaries** come in - and how are those applied?

Boundaries at work:

Boundaries at home:

Boundaries with family:

Boundaries with romantic partners:

Boundaries with friendships:

Boundaries with children:

Boundaries with pets/animals:

When reflecting on my history, how were boundaries (and the concept of obligation) seen within my family, growing up?

> How were boundaries practiced by those around me?
>
> What comes to mind when I think about cultural dynamics of family - which may include religious/spiritual practice?

What Parts object to **boundaries**? And why? (Could this be a People Pleaser Part? And if so, why does that People Pleaser object?)

Boundaries and Avoidance

I don't want to say no. And I don't want to say yes. So, I won't say … anything.

Do I lean toward avoidance? Sometimes this arrives with avoiding RSVPs, not calling (or texting) someone back, or responding to emails. Questions for reflection:

> Why is saying yes (or no) difficult?
>
> If I have to tell someone something I think they don't want to hear, is that uncomfortable? And, if so, why?

Boundaries
within the Timespan of Relationships

How do **boundaries** arrive when considering the timespan of Dating - 1st, 2nd, and 3rd dates - 4 months into dating - vs longer relationships/years of partnership/marriage?

How do **boundaries** arrive when considering the timespan of parenting - **boundaries** with my parents as a child? **Boundaries** with my parents now? How have **boundaries** changed or remained over the years with the children in my life?

How do **boundaries** arrive when considering the timespan of my work colleagues, work relationships - or academic advisors?

How Do I Set Boundaries?

What answers come to mind when I ask the question: *How can I make this (setting boundaries/saying NO) easier for myself?*

When it comes to communicating boundaries - saying no - do *explanations (*reasons for saying NO*)* feel like 'excuses'?

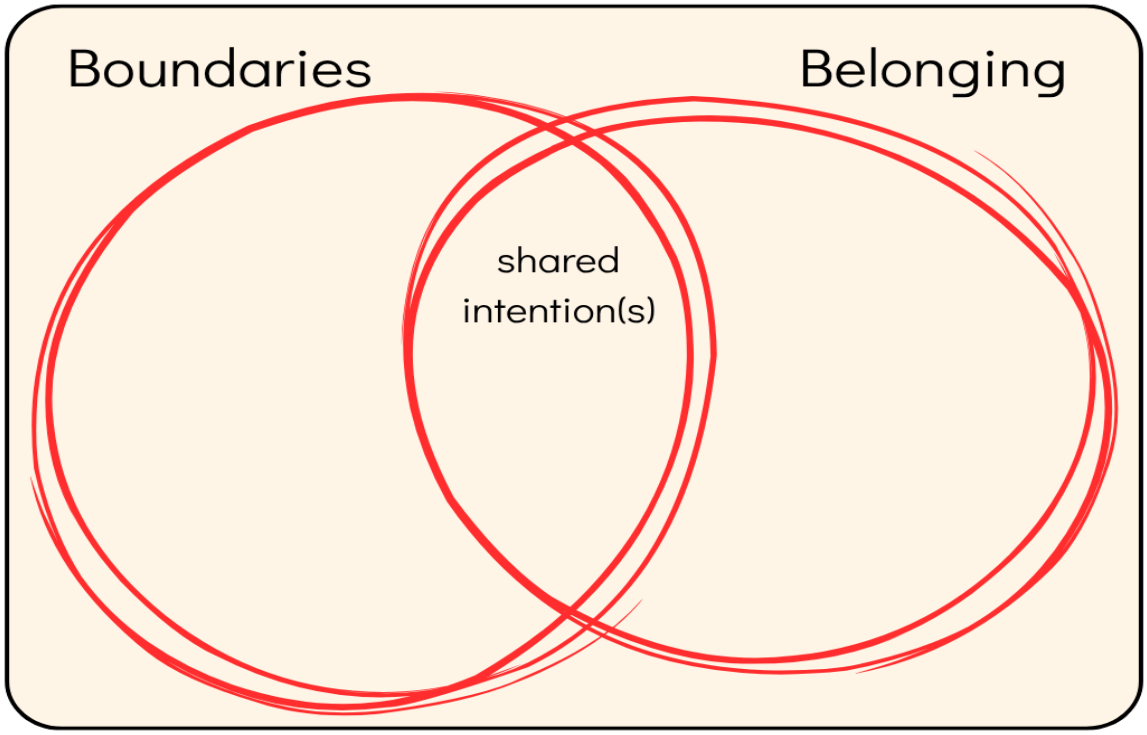
Are explanations necessary? *Do I need to provide more information?* And if so, why is that?

Boundary Setting Examples

Saying NO	**Explanation (Is it necessary? And can it be argued against?)**
I won't be able to make it That won't work out for me No, but thank you I can't	I've got a lot going on I can't fit it in Not up for it

The '*Thank You, but No*' combo
Thank you for thinking of me, but …no. That is so thoughtful, but…no. Great suggestion, but …no. I appreciate _____, but ….no.

Boundary and Belonging Reflection Questions



How do **boundaries** and **belonging** co-exist? What is their relationship with one another? Do they argue? Where do they agree?

Is it possible **belonging** doesn't want to set boundaries based on fear interfering with relationship dynamics?

How do I see/feel about **other people** setting boundaries in my life? How does that boundary setting apply within relationship dynamics?

If there is a part of me that connects with FOMO (Fear of Missing Out) - how does it respond to **boundaries**?