

A bit about boundaries...

BOUNDARIES DON'T HAVE TO BE THINGS THAT CREATE SEPARATION AND DIVISION IN OUR RELATIONSHIPS BY PUSHING PEOPLE AWAY OR KEEPING THEM AT ARM'S LENGTH.

They can also be things that help us come closer together and cultivate more intimacy, through knowing that we'll both be respected and safe - in whatever safety means to us - within our every interaction. When we feel safe, we go deeper. As we go deeper, our connection strengthens.

IMPLEMENTING BOUNDARIES TAKES TIME AND A COMMITMENT TO THE MESSINESS THAT COMES FROM SHIFTING OUR SHARED DYNAMICS.

For example, when we sit down to a new board game we may need to check, re-read or confirm the rules several times. Even as we then journey about the board we may need to pause and check in with the little booklet inside the box lid, to see if what is unfolding aligns with the intent of the gameplay instructions. Such is also the case with boundaries. Boundary conversations and actions may need to be had and re-had multiple times as we traverse this new way of playing this game called life together. Messiness is okay. Discomfort is not disconnection. Conversation is key.

LET'S NOT MAKE THE MISTAKE OF THINKING THAT BOUNDARIES ONLY PERTAIN TO HOW WE INTERACT WITH OTHERS.

It is equally important to set boundaries around what we will and won't allow when it comes to being in relationship with ourselves. Boundaries around how we will and won't speak to ourselves, treat ourselves and show up for ourselves form an integral part of self-leadership. If we cannot be in a healthy, compassionate and respectful relationship with ourselves, how can we expect others to take note of the boundaries we are trying to put in place?

"COMPASSIONATE PEOPLE HAVE BOUNDARIES OF STEEL."

- Brené Brown