



WHAT ARE BOUNDARIES ?

Boundaries help us separate what is ours, what we are responsible for. Boundaries define what we can control and change. Appropriate boundaries are what enable people to say no without feeling guilty or fearful that the person they are dealing with will stop liking or respecting them.

What is Mine & What is Not Mine : Some Guidelines

WHAT IS MINE

1. My awareness of my inner life.
2. My inner life, including :
 - my beliefs, thoughts, feelings, decisions, choices & experiences
 - my wants & needs
 - my unconscious material
3. My behavior
4. The responsibility to make my life successful & joyful

Healthy Boundaries

WHAT IS NOT MINE

1. Other's awareness of their inner life.
2. Material from other's inner life, including :
 - their beliefs, thoughts, feelings, decisions, choices & experiences
 - their wants & needs
 - their unconscious material
3. Their behavior
4. The responsibility to make their life successful & joyful