Weekly Check In

Review: Split Self

How are you (*weather analogy*)? | What coping skill did you use this week?

- Ask for Help
- Cry
- Choose self respect
- Take good care of your body
- Compassion
- Create a new story
- Structure your day
- Trust the process
- Reframe setbacks
- Focus on now

01.

Boundaries

What are they

Boundaries

Boundaries will vary from person to ??????ÌBÌ????????Ì ????Ì??ÌÌ????????Ì of determining what behaviors *you will accept* from others and yourself and *what you will not*.

- **Types of boundaries:**
  - Physical boundaries
  - Emotional boundaries
  - Sexual boundaries
  - Digital boundaries
  - Intellectual boundaries
  - Financial boundaries
  - Time/Energy boundaries

Boundaries

Boundaries may be a problem when they are too close or too distant:

- **Too close** (*enmeshed*)
  - Have difficulty saying “no”
  - Give too much
  - Get involved too quickly
  - Intrude on others boundaries
  - Stay in relationships too long
- **Too distant** (*detached*)
  - Have difficulty saying “yes”
  - Isolate
  - Distrust too easily
  - Feel lonely
  - Leave relationships too quickly

02.

Boundaries

Reflection

Reflecting on our History

What kind of boundaries did you grow up with in your family?

What kind of boundaries have you experienced in friendships?

What kind of boundaries have you experienced with romantic partners?

Is there a pattern between these relationships?

Healthy Boundaries

Healthy boundaries are:

- **Flexible**: closer or more distant, adapting to the situation. You are able to let go of destructive relationships, and connect with relationships that are nurturing.
- **Safe**: able to protect yourself and read cues against exploitation or selfishness by others.
- **Connected**: engage in balanced relationships and maintain them over time.

Healthy Boundaries

- **It is important to set boundaries with yourself as well as with others.**
  - Difficulty saying “no” to yourself: overindulging in food, sex, addictions
  - Difficulty saying “yes” to yourself: depriving yourself of food, working too hard, not allowing yourself pleasure, etc.
- **People with difficulty setting boundaries may violate other people’s boundaries as well**
  - Setting up “tests”
  - Intruding into other’s business
  - Trying to control others
  - Abusive

03.

“NO” is a complete sentence

When & How to say “NO” in Relationships

Learning to Say “NO” in relationships

Why is it important to say “no”:

- A way of conveying that both people in a relationship deserve care and attention
- A healthy way of respecting your separate identity

Situations where you can practice saying “no”:

- Pressure to say more than you want
- Going along with things you do not want to do
- When you are taking care of everyone else except yourself
- When you make promises to yourself that you do not keep
- When you are doing things that take your focus away from recovery and health
- *Any others?*

Learning to Say “YES” in relationships

Why is it important to say “yes”:

- Leads to connection with others
- Recognizing we are all human and need social contact
- Healthy way of recognizing your role in community
- Becoming more of our true selves, growth, meaning

Situations where you can practice saying “yes”:

- Asking someone safe to spend time with you
- Telling your therapist how you really feel
- Asking someone for a favor
- Letting people get to know you, or being vulnerable
- Soothing the young parts of yourself
- *Any others?*

How to say “YES”

Try different ways to stretch boundaries (with yourself & others):

- Share an activity, say how you feel
- Focus on the other person
- Watch how others do it
- Plan for rejection: this is a normal part of life
- Practice in advance, if possible
- Choose safe people
- Set goals: making a clear plan (eg. one social call this week)
- Recognize that you may feel very “young”
- Start small
- Notice what you have in common rather than how you are different.

05.

Discussion

Discussion & Commitment

Thoughts? Questions? Reflections?

What is one way you want to improve your boundaries? Be concrete and specific as possible.

Examples include:

- Tell someone “I love you”
- Admit a weakness to someone
- Say no to more work hours
- Opt out of an activity you don’t want to do
- Give yourself permission to take a mental health day
- Set a bedtime and stick with it

Commitment: What is one way you can learn to soothe yourself in a healthy way when you feel scared or alone? (say “yes” to yourself)?

Additional Resources

- Apps