**TYPES OF BOUNDARIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TYPE** | **DESCRIPTION** | **RISK** | **SELF-INQUIRY** | **INTERVENTIONS** |
| **Boundaries on Resources**  | Our physical, mental, emotional, and spiritual resources are finite. Every time we engage with the world, we are choosing to utilize these assets. If none of our resources are spent maintaining our own stability and integrity, then our ability to make clear decisions based upon introspection is damaged. Conversely, resources spent maintaining the space within and focusing on our integrity replenish *all* our resources.  | If we don’t make conscious choices about our activities, then our days are determined by others’ values not our own.If we’re overcome with busyness, then we don’t even *know* what’s important, because we’re too overwhelmed to think clearly.  | *Do you feel overwhelmed by activities?* *Do your activities reflect your most important values?* *Do most of your activities give you energy or take energy?*  | *Articulating and Prioritizing Values* - Make decisions based upon our most important values, and learning to say no to activities that aren’t a good fit with our values (or will compromise our resources) *Using Wait Time* – Pause before committing to new activities; never say yes immediately *Scheduling Self-Reflection* – Regularly use practices that help us stay connected to ourselves (meditation, prayer, journaling, etc.)  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TYPE** | **DESCRIPTION** | **RISK** | **SELF-INQUIRY** | **INTERVENTIONS** |
| **Boundaries in Relationships**  | When we identify strongly with, or react strongly to, the emotions of others, we can lose track of our personal boundaries. This can lead to a lack of objectivity and a diminished ability to respond with clarity. Instead, we can hold compassionate space for others’ reactions, responses, and feelings, while also maintaining our own stability. We can honor the experiences of another human by being a compassionate witness and giving full presence to that person without taking on and carrying their feelings with us during and after interactions. When we can do this, we better meet the needs of our others. In addition, we protect our ability to listen to our own inner voice.  | If we’re caught up in others’ feelings and needs, then we can end up in emotional distress. This can result in being unable to care for ourselves, or care for others.  | *Do you feel consumed with or overwhelmed by others’ emotions?* *Do you know what you are feeling in most interactions?* *Do you feel exhausted after emotional conversations?*  | *Scheduling Self-Reflection* – Regularly use practices that help us stay connected to ourselves (meditation, prayer, journaling, etc.) *Using Diaphragm Breathing* - while in difficult conversations, focus on your own self-regulation through a breath-based tool like “belly breath” *Engaging Rotating Awareness*- check in with how the other person is doing, and then how you are responding to the other person  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TYPE** | **DESCRIPTION** | **RISK** | **SELF-INQUIRY** | **INTERVENTIONS** |
| **Boundaries Protecting Our Human Dignity** | We all face ongoing patterns of behaviors that violate our boundaries and compromise our integrity. We sometimes experience these patterns because of our physical features (sex, gender, or race, for example) or because of the place we occupy in the world professionally or socially. We can have a range of responses to these violations. Responses that assert our humanity and the humanity of others can disrupt the pattern. When we honor human dignity through re-establishing boundaries, we protect our inner-wholeness and the space within.  | If others’ actions or words lead to us feeling “less than,” then we may begin to believe we deserve what’s happened to us. Consciously or unconsciously, we may feel we are inherently wrong or broken on some way.  | *Are there are times when you feel “less than” because of others’ words and actions?* *Are you able to act in defense of yourself when you have the “less than” feeling?* | *Growing Interoception Skills*- Recognize internal markers for when a boundary has been crossed: stomach sickness, face feels flushed, shaky hands, etc. *Prepare for Boundary Conversations* – Know tools for verbalizing your discomfort and future expectations for the other person *Practice Having Boundary Conversations* – Build skills for boundary-based conversations through practice and experimentation  |