

chosen, adored, celebrated

Healthy
BOUNDARIES
WORKBOOK
WEEK #2

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WEEK TWO

Digging Deeper into Boundaries

Boundaries require an understanding of our values. Why? Because boundaries are rooted in our values and beliefs. To understand our values better, we need to explore what we stand for, what we value and believe in.

This is not an exhaustive list, but it's a great starting point, and you're welcome to add your own as you go.

STEP 1: Skim the list on the following page and check or highlight the values that jump out at you. Choose a minimum of 20

STEP 2: Review the values you've checked/highlighted, and choose your top 10 from that list. Assess whether these are values you are truly living out in your life, or if they are 'hope to' values. While the 'hope to' values are important, we want to focus more on the actual values that inform your day to day.

STEP 3: From that list, choose your top 3 values. These are your top values.

STEP 4: Write them out and answer the following questions for each:

1. How am I living out this value in my life
2. What am I currently doing to protect and honour this value

Value 1: _____

Question 1:

Question 2:

Value 2: _____

Question 1:

Question 2:

Value 3: _____

Question 1:

Question 2:





VALUES LIST

Family	Fitness	Kindness	Friendliness
Freedom	Gentleness	Friendship	Humility
Love	Responsibility	Humour	Courage
Generosity	Creativity	Faith	Peace
Justice	Sincerity	Fun	Beauty
Connection	Authenticity	Forgiveness	Belonging
Community	Health	Genuineness	Wonder
Honesty	Growth	Compassion	Awe
Adventure	Grace	Happiness	Travel
Balance	Patience	Success	Simplicity
Security	Cooperation	Integrity	Understanding
Loyalty	Contribution	Strength	Carefulness
Knowledge	Independence	Reliability	Joy
Respect	Usefulness	Optimism	Nature
Excellence	Wealth	Gratitude	Contentment



How Do our Values Influence Our Boundaries?

Boundaries are rooted in what we value, and what we believe. And when those boundaries are crossed, violated or ignored, we often feel personally wounded. This explains why people explode or over react when their boundaries are crossed.

How do I know if my boundaries are being crossed or ignored?

- You feel resentful - we feel resentful when we believe we are being used or taken advantage of.
- You feel unheard and devalued
- You feel disrespected and bullied
- You feel like a victim
- When you feel uncomfortable by the way someone behaves or speaks to you

Signs of weak boundaries:

- You give too much time and energy
- You say yes, when you really want to say no
- You don't stand up for yourself when you're treated badly
- You share too much too quickly in relationships - oversharing with people, even strangers
- You become who you spend time with
- You feel taken for granted
- You feel guilty when you engage in self care or do something nice for yourself
- You feel like a victim
- You let people touch your and/or speak to you in a way that makes you feel uncomfortable
- You struggle to make decisions
- You are passive aggressive
- Your self esteem is low

WHAT GETS IN THE WAY OF PUTTING BOUNDARIES IN PLACE?

- **FEAR OR REJECTION OR PUSH BACK** - we fear what people think and say. Women especially fear saying no because they want to be seen a certain way. And in every area of life, we are terrified of rejection, so having assertive boundaries feels risky.
- **LACK OF KNOWING HOW** - we don't know exactly how to do boundaries, so we don't. It wasn't modelled for us, so we don't understand them.
- **LACK OF RESPECT WHEN WE DO** - maybe you've tried to put them in place, but they haven't been respected. Or maybe you've experienced someones very negative emotional response. This can cause us to throw our hands up, and not use boundaries.
- What other reasons can you think of that may get in the way of putting healthy boundaries in place?

