

# 5 MYTHS OF SETTING BOUNDARIES



The power of healthy boundaries is that we get to teach others how to treat us.

The consequence of not having healthy boundaries is that we teach others how to treat us.



Boundaries are a limit or space between you and another person. It's a clear place where you begin and the other person ends.

# MYTH #1

## BOUNDARIES ARE MEAN & SELFISH



Do you feel like this?

Boundaries can feel mean when it's the first time we are placing space between us and someone else. It's a foreign experience but boundaries in and of themselves are not mean.

Sometimes when we place boundaries in our life that weren't there before, it's because we need to protect or preserve something for ourselves. If you're not used to considering your needs too, well...it might feel selfish. BUT it's not.

Boundaries are an opportunity to inform others of who we are. So consider that in placing a new boundary in your life, you are actually giving space for more of you to be understood. And that just isn't mean to anyone!

This myth is one that I believed for a long time. I avoided creating healthier relationships around me because I wasn't interested in being a selfish person. The cost, though, was my ability to regulate my energy output. When I tried to have a thriving relationship on a depleted tank, it resulted in impatience, frustration and even anger or resentment. And that could make me mean towards others.

So I would now argue that this Myth is actually a better description of what my relationships can look like when I haven't made the investment into building healthy and supportive boundaries.





## MYTH #2

### BOUNDARIES NEED TO BE JUSTIFIED

Your reasons for a boundary aren't owed to anyone.

In fact, by doing so, we open up our boundaries for negotiation. And then it's no longer a boundary.

When we work to justify our boundaries to someone, we seem unclear and unsure that WE actually believe in them. This makes it really hard for someone to respect them.

Can I just say that "NO" is a complete sentence?! It doesn't need a follow-up. YOU need to know your "why" but others aren't owed the explanation. This was a big mindset shift for me. It changed the game. Yet I still needed to be confident in why I had these boundaries in place. Knowing my needs, wants, and desires for the life I wanted to live and how I wanted to be in relationship with others was critical to the confidence I could have in "not justifying" myself.

If you are still justifying your boundaries to yourself, then I would recommend deeper work to understand why. This could support your ability to implement with confidence vs justification.

I also believe there are ways we can avoid the request for justification by HOW we implement and communicate our boundaries. That is the work I will be doing with you in Boundaries For Thriving. I'd love to support you in this way. Let's discover your WHY so we can move to the HOW!



## MYTH #3

### BOUNDARIES CREATE SUPERFICIAL RELATIONSHIPS



I think we can all agree that our relationships have value to us. No one really wants to disrupt relationships unnecessarily. And we will all likely agree that no one wants to hurt others by boundaries we place in our life. Agreed?

So with that premise, consider that without healthy boundaries who gets hurt? I would argue that both do. We designed a dance that doesn't actually support a healthy relationship.

When a relationship becomes used to avoiding conflict, walking on eggshells, abusive or toxic, demeaning, manipulative, useful and cautious, wouldn't you see THIS relationship as "superficial"?

Consider for a moment what it would feel like to bring your True Self into a relationship without risk of rejection?

Or what would it feel like to have confidence rather than insecurity?

Or what might it feel like to not be used or manipulated?

Boundaries give us the opportunity to bring our True Self confidently into a secure environment. Your boundaries will move toxic out and usher healthy in.

So maybe we consider Boundaries as the opportunity for deep relationships rather than the creation of superficial ones.

How does that feel to you?





## MYTH #4

### BOUNDARIES END RELATIONSHIPS & AREN'T WORTH THE CONFLICT

One of the greatest fears in placing boundaries in our life is the fear of reactions and repercussions.

Placing boundaries in your life may, in fact, lesson or remove relationships from your circle. BUT consider that if a boundary is designed to support your identity and mental/emotional/physical well being, then a relationship that can't support that may not be a relationship that your energy needs to keep pouring into.

When toxic relationships consume your daily energy load just to manage and keep out of conflict, then there may be a need to revisit how healthy this investment is for you.

The only people who get upset when you place boundaries are the very ones who have benefited from you not having any. Conflict will exist. It will either be your internal conflict to manage or it will be an external conflict for them to manage. You are not responsible for their reactions to you choosing a healthy emotional and mental life. You ARE responsible for you.

When we try to manage internal conflict over time it comes out all kinds of sideways. You know... anxiety, elevated stress and adrenal responses, physical health issues (the body tells us a story!) and imbalance in our overall well being.

Consider that boundaries breed an opportunity for authenticity in your relationships which is freedom to roam within them as your true self. Those who stay for you, the true YOU, are those who have respect for you as well as themselves. Remember, we teach people how to treat us.





## MYTH #5

### BOUNDARIES WEAKEN MY WORK ETHIC & JOB PERFORMANCE



Do you feel the need to work longer hours or take extra shifts to prove your way to new positions or status within your job or career?

As Americans, we are wired for this. It is woven into the fabric of our DNA. Without getting into the discussion of “work ethic” or the politics around labor rights, just evaluate what areas of ourselves we sacrifice for the job.

When your boss or coworkers are used to you volunteering or saying yes, you will be the one who always gets asked. This doesn’t necessarily equate to your value in a new or higher position. But it does equate to your inability to say no and prioritize your “other life” around the job.

Saying yes to everything in the workplace may get you a little higher up the ladder or secure a position...but it will also guarantee you burnout and sacrifice.

Consider that you teach others how to use you in your role at work. What if you were able, with your boundaries, to help create a less toxic work environment? Would that also be a success?

Can you undo a "yes" environment that you have already cultivated? Yes and No.

You can always change your energy output, but it doesn’t mean it will be easily received. So start with the small things. Start with the things that seemingly don’t matter as much and get used to saying no. You will effectively begin a larger experience of change.





## TRUTH BOUNDARIES DON'T JUST HAPPEN

When we try to create boundaries on the fly, we effectively just create an opportunity for an argument.

Knowing WHAT you need, WHY you need it, WHICH areas of your life and relationships you need boundaries in and HOW to deliver them...well...that is truly the key to living a life where you are not surviving relationships but you are THRIVING in them.

It's time to find that space where they end and you begin. This is one of the pivotal steps to liberating your story.

*xo, jess*



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