

BOUNDARIES

for thriving

Journal Prompts Week 2

- Identify a need you have in each of the 5 Types of Boundaries. If you struggle with identifying the need you have in each one, it may help to identify the relationship or space that you feel is creating an issue...and then the need may come to you. Either or both is just fine for your journalling purposes. It's the exploration that you want here.
 - Emotional
 - Time
 - Topic
 - Physical
 - Spiritual
- Are you feeling guilty/bad for having or identifying a need in each of these categories? If so, spend some time reflecting on why that feeling is coming up for you. Journal it out.
- Now, take each Type of Boundary and match a “Healthy Boundary” definition to it. Tip: You will see that several apply to each type of boundary. There are no right or wrong answers here but seeing the connection between these is important. In fact, this can look different for each of us depending on our culture and worldviews. We are connecting the WHY to the NEED.
- Here is the list of Healthy Boundary definitions. A Healthy Boundary is:
 - A Limit or space between you and another person. It's a clear place where you begin and the other person ends.
 - A support system to ensure you are mentally and emotionally stable.
 - A framework to establish one's identity.
 - A tool to help define individuality
 - An indicator of what you will and will not be held responsible for.
 - A gatekeeper to your regulation of energy, input, and output.
 - Supportive of your values and needs.
 - Self Love. We can not love the world around us empty and deprived of self-love.