

5 Ways to Healthy & Vibrant Boundaries



Intra

Healthy Boundaries: What Does That Mean?

Healthy boundaries define who you are NOW, and are based on your needs, wants, and values. They support your overall wellbeing and impact core areas in your life, such as your personal empowerment, relationships, sexuality, self-care, and more.

Meaningful boundaries are firm, yet flexible, respectful, thoughtful, and communicated clearly and assertively.

Taking Ownership

Healthy boundaries are about taking responsibility for your behaviors and feelings, and asking others to do the same for their own behaviors and feelings.

**"I am not responsible for your actions & feelings.
I am only responsible for my own"**

See yourself and others for what you and what they are capable of NOW (this is reality) and don't expect more than what you or they are capable of. Then say, Yes or No, or set a parameter or expectation that promotes your wellbeing and is realistic without guilt.

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Saying Yes or No!

Most of us hold limiting beliefs that hold us back from saying YES when we desire to say YES and/or NO when we mean to say NO.

**"I say YES to my desires and needs, and
NO to what does not serve me"**

Imagine having the freedom to truly be authentic in your YES and NO answers. Practice opposite action to the beliefs and thoughts that make you feel that way. And when you feel pressured, guilty, or shameful, gently practice anyway.

Making Requests & Having Needs

You have the right for the consideration, help, and affection you desire and need.

"It is always ok to ask for what I desire and need & it is also ok for others to say No. It is up to me to find healthy ways, environments, and relationships that fulfill my desires and needs."

Request that others change behaviors that hurt you. Ask for what you want and know the other person can say NO, and if they do say NO, you can make decisions that best support you with the reality of what is.

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Being Authentic

It is more than ok for me and for others to make many mistakes and to embrace being imperfect beautiful human beings.

"I chose to be unapologetically ME and that is how I let magic into my life and into the world!"

It is ok for me to be unique, different than others, and to shine bright. Importantly, I can also grow and be healthier than those around me without holding guilt.

Feeling & Expressing

Healthy boundaries allow for and give you sacred space to feel, express, and process a whole array of emotions, without having to feel like you are too sensitive or weak.

"I can allow myself to feel and express my anger, sadness, disappointments, fears, excitement, compassion, and insecurities etc."

I also have the right to remove myself from others, or environments, where emotions are invalidated, not accepted, or are projected out in negative ways. And I hold myself accountable to allow others the same respect when I am emotional.

In Summary

Everyone is worthy of upholding the following value-added rights and merited boundaries in their lives and to also importantly allow others to do the same.

"Having boundaries and respecting other people's boundaries is a form of compassion and love."

It is never too late to love yourself more, and to focus on your wellbeing. Your ability to set healthy boundaries for yourself, and to allow others to do the same is modeling what is so needed in the world.

Closing

Soul-Full Therapists

Passionately helping therapists be more Self-led, inspired, intuitive, creative, and effective in bringing healing and consciousness to the world!

"One of the secrets to more career satisfaction and success is really good consultation that resonates, feeds your soul, and helps you grow"