Having a difficult time setting healthy boundaries and sticking to them? I get it!

Setting healthy boundaries is very important for mature relationships, but unfortunately, not too many people know how to establish healthy boundaries and stick to them. Setting reasonable boundaries is essential to maintain a non-chaotic, drama free life. Regardless of who the person is - whether it's your business partner, a family member, your spouse, a friend, or a child - communicating healthy boundaries is essential in establishing a peaceful and harmonic relationship and environment. I'll share the steps I take when establishing boundaries in my world.

Setting Healthy Boundaries

Recognize when you've been triggered. When I start to feel anxious, frustrated, or stressed about a situation or how someone is treating me, it feels like I'm trying to drag a ton of weight up a very steep incline. Sometimes it takes me a while to realize when I've reached my own personal limits with others' drama, dysfunctional lifestyle, or bad behaviors. But I'm getting better at it, and as soon as I start experiencing stress or anxiety, I know that I've reached my limit and that it's time to set boundaries between myself and the other person.

Start to become aware of your body's "signals" that something isn't right.


Learn to identify toxic behavior early. Recognizing toxic behavior in others will eliminate a lot of discomfort and stress in your life. Toxic people tend to:

     a.   *Lie* on a regular basis

b. Spread vicious *gossip* about everyone in their life, oftentimes, causing derision among others
c. Wallow in addictions and *refuse to seek help*, but instead, expect you to bale them out of all their crises
d. *Take advantage* of your time and energy, then resent you when you don't tell them what they want to hear
e. Get angry and *verbally abusive* with you when you communicate your boundaries
f. Are *extremely manipulative* and abusive if they don't get what they want
g. They *criticize* you in a hurtful way and don't support you in your goals and achievements
h. They have an *entitlement mentality* and get aggressive with you if you don't give them their way
i. *Never apologize* or take accountability for their actions and always quick to blame others for their bad behaviors
j. Are *emotional vampires* - when you're around them you feel drained of energy
k. Are *always in the middle of drama* and chaos, complaining about their circumstances, but do nothing to change their situation
l. Are very quick to point the finger at others, *judge others*, but take no accountability for any of their dysfunctional choices and lifestyle
m. And, last, but not least, they are very quick to speak, but *don't listen*

Keep a journal. By writing about past relationship experiences, including what happened, the circumstances around it, and most importantly, how you felt during the exchange, you can begin to get clarity on your patterns with setting healthy boundaries. In each experience, ask yourself if you kept your boundaries, and if not, why not. Then, write down your weaknesses and ideas on how to address them. Your boundaries will shift and change over time. It is always good to keep a log of the situations you encounter, reviewing the boundaries you set with that person, and evaluating if they need to be
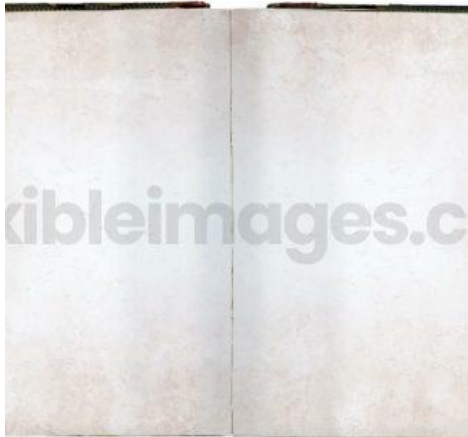
adjusted.

Detach when needed. Understand that not everyone is going to adhere to your boundaries. This was a fact that I, personally, had the most difficult time accepting. And when this happened with a particular person again and again, then the process of detachment began. It's during this part of the process that brought out the anger and resentment in the other person. This can also be a painful process for you because you will be distancing yourself from someone you love. Disassociation from the person is also an avenue to consider. In some cases, completely walking away from a person and blocking that person from your life is necessary to maintain a peaceful existence. And don't feel guilty about this course of action. There are times when it is necessary for your well-being.

From my own personal experiences, I can tell you setting healthy boundaries, especially with those you love, and maintaining them even at the expense of the relationship, can be a very difficult thing to do. However, I have also found that life is much more peaceful, chaos free, and drama free, when you do this in a healthy way and stick to it.

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