

How to create stronger boundaries around you

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Intro

The goal of this short e-book is simple:

Give you key strategies to establish stronger and more effective boundaries in your life.

Having people crossing your boundaries all the time is extremely draining.

You end up making concessions endlessly and forget to think about what you want.

These few chapters are only a sample of what is available online.

I added many links to articles and forum areas online.

I added as well some key links for specific life situations like dating and work related situations.

At the end it all comes to daring to use your power.

This is what I encourage you to do.

If you need extra help, you know where to find me

Take care and enjoy!

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Establish better boundaries for yourself

- **Learn to say "No", "Not now" or "Maybe later"**

The first key to establish new boundaries is to accept that you won't please everyone with that.

At least not in the beginning.

If you have to say "No" to someone, "Not now", or "Maybe later", it always requires that the other readapts to a new limit.

It's okay.

Gaining back control over your life goes with expressing that power in a diplomatic way without truly hurting anyone.

You are in charge of your existence and you should really be in control of your time, personal space, activities, belongings, etc.

This "gaining back control" always means that someone else has to accept that you decide for yourself.

- **Repeat your message**

This is the second key to establish a new boundary: repetition and follow up.

Repeating a message is the best way to make sure the other gets it.

It works in any situation: profession, relationships, friendships, etc.

- **Let go of trying to control other people's lives**

It will be much easier to protect your personal space if you focus on yourself.

The areas where you can express your "boundary power" are the areas which truly belong to you.

Other people's lives, activities, behaviors, agendas are their business.

It is their responsibility, not yours.

Enjoy!

How to protect your personal space

If someone gets angry or upset next to you, you have two ways or strategies to deal with it:

- **Stay detached**

This means laughing at what is happening and not identifying yourself with the other person's emotions. Stay cool and don't get involved.

Someone else's anger is simply a form of provocation and an invitation for a fight.

You don't have to go with it.

Don't take responsibility for the other person's emotions.

Stay cool and laugh inside.

When you stay detached, you protect your inner space, your mind space and don't allow intrusive negative emotions to touch you.

- **Strengthen your boundaries**

Put distance between you and the person.

Don't tolerate this in your environment.

You want harmony and peace around you and there is no reason for you accepting a destructive behavior in your personal space.

Strengthening your boundaries means using your protective or preserving power.

This means protecting your space from external attacks.

Developing these two skills is essential if you want to stay master of your space and strengthen your personal foundation.

Staying detached is a very powerful strategy when there is no other choice.

However, anger is a very penetrative and challenging force and it requires a great energy is needed to stay centered.

Imagine yourself next to a heavy source of disturbing sound.

How long before you just give up and explode with irritation.

You can of course train yourself to deal with disturbance by strengthening your mind power and personal mind space.

An easier solution is to simply step back and stay away from that disturbing sound.

Simply don't tolerate or allow it in your personal space.

Protect your personal space by keeping away any nuisance.

Close your door to it.

You don't have to accept it in your house.

What you need is harmony, peace and respect in there, not a permanent disturbing sound in the background.

How to deal with a toxic friend

Your question

My husband and I have this friend who we feel is using us.

His cars have been reaped, his dog almost died and he took in his delinquent nephew, all of which we are doing most of the work for him. I got mad at him and told him we would no longer take on his responsibilities, but he talked to my husband and my husband said he really needs us.

I have caught him trying to lie to us on more than three occasions. The only thing he has done for us is rush the remodeling of his house, which we are living in, so we can be more comfortable... We have paid well worth his time and money for the remodeling.

His daughters are spoiled rotten and he tries to use them against me to get me to take them places and do things for his family. We have enough problems of our own being two full-time students in college and work full-time jobs and care for our 11 pets. I don't know how to make him leave us alone and just let us be with out moving out, but even then he will still be working with my husband, who feels the same way I do to, but doesn't know what to do either.

Our friend is too defensive and childish to talk to. there has to be a way to make him realize he has to take control of his problems and fix them himself. If you have any advise I would sure appreciate it.

Answer

Hi,

It is your right to protect your house, personal space and family.

You have not only the power to do it. You have as well the right to do it.

The challenge with toxic friends is to realize that what is happening has nothing to do with friendship.

It is a battle for energy and power in the disguise of a friendship.

I have the feeling that you don't owe that person anything.

The fact that he does work with your husband does not give him the right to drain your personal space, actions, etc.

The most important thing to realize is that you and your husband have the right to use your power simply not to let him in.

If he comes visiting at unexpected moments simply be firm: "Now is not a good time...". Even if he insists, keep the line.

When you want to shift a pattern like this one, you need to repeat the message over and over again until it goes through. He won't like it, might get angry, etc.

Again, this is not about friendship. It is a battle for power. It is his power against your power. If he comes in, he wins.

Simply be firm and repeat your message.

It might take a week or even longer.

Be ready for his anger or other strategies but stay focused. Your number 1 priority is to protect your family space.

Don't let anyone but your partner and yourself be in control of what happens in your house.

If it's therapy he needs, there are professionals for that.

Your partner is not responsible for someone else's well being. Don't take responsibility for someone else's life.

This creates an immense load of extra stress.

Simply dare to use your power, stand there and don't bend

Good luck and stay in touch

Francisco

Find your boundaries when in dating situations

These strategies are specially designed for women.

Check these articles on this topic here:

http://vitalcoaching.com/dating/challenges/find_your_boundaries_articles.htm

Dating boundaries – Questions and answers from the forum

Here is your link:

<http://vitalcoaching.com/vitalforum/viewforum.php?f=19>

More than 20 questions on dating boundaries already answered.

Professional boundaries – How to strengthen them

This one is a hot and essential topic!

Don't let professional pressure ruin your life or your health!

Discover how to establish strong boundaries and protect your space.



You can get this one here:

http://vitalcoaching.com/career/enjoy_your_job_audio.htm

Extra articles

This is only a small sample of the articles on boundaries and personal space.

To check more articles on boundaries, follow this link:

<http://vitalcoaching.com/lifeskills/boundaries/boundaries.htm>

In the forum

A few questions and answers in the forum about boundaries.

Access them here:

<http://vitalcoaching.com/vitalforum/viewforum.php?f=29>

Conclusion

This is not all !

The next step is to apply these strategies and train these skills.

There is more!

Visit www.vitalcoaching.com or email me at francisco@vitalcoaching.com

Take care

Francisco