5 STEPS TO SET AND ASSERT BOUNDARIES TO BE LOVED, ACCEPTED, AND RESPECTED AS WHO YOU ARE

Copyright © 2022 by Yuliana Hartanto! All rights reserved. www.yulianafrancie.com A boundary is an energetic barrier that distinguishes your responsibility, value, tolerance, and standard from others' expectations and demands. The aim of setting boundaries is to teach others how to treat you with love, care, and respect. Self-love requires a strong and healthy boundary. As Lao Tzu said, "love is a decision, not an emotion." Hence, practicing self-love is a decision that you must take each time with an end goal of choosing and treating yourself as a priority.

I know having healthy boundaries is not an effortless task for an empathetic person and a mother like me and you, even though we knew its importance. An empath is gifted in putting herself into others' shoes and deciphering their needs and expectations. This trait often motivates an empath to shape herself to meet others' needs and expectations at a cost of betraying herself or giving up her own desires. An empath is also inclined to take the rescuer role in saving their loved ones. If this role is exercised carefully with strong boundaries, empaths are the best candidates for healers, coaches, nurses, doctors, and other altruistic types.

However, life without boundaries is like leaving our front door open for burglars and thieves to enter. You cannot keep giving and helping others without considering your own needs and desires. You'll end up feeling burnout, angry, disappointed, and resentful towards yourself and others. There is a need to draw a line if the sand of "giving land". Giving makes you feel good about yourself because others need you because it boosts your self-worth. But at times, your kind gesture may even disempower others.

If you are currently struggling to set and assert boundaries, then this eBook will guide you to master them in 5 simple steps. By implementing this, you will find inner peace and contentment because you are no longer feeling betrayed by your own truths.

Be the alchemist you were born to be!





Benefits of healthy boundaries



A self-love act



Avoidance of burnout and energy depletion



Teaching others how to treat you positively



Owning your sovereignty



- Defining your identity



Living a life based on your terms

How to set and assert boundaries

STEP 1: KNOW AND UNDERSTAND YOUR BOUNDARIES

Setting boundaries requires you to get to know yourself very well as the first and foremost step. Be honest with yourself and get to know your desires, fears, worries, and aspirations. Acknowledge your feeling and understand your trigger points. Next, examine which areas of your life or with whom you may need to redefine boundaries. The types of boundaries may vary, as it depends on the context and level of the relationship. Your boundaries with your romantic partner will be very different from your boundaries with your friend.

When setting boundaries, you need to consider various aspects, like:

- · Values, beliefs, and perceptions
- · Emotional and physical
- Time and energy
- Sexual and intimacy

STEP 2: COMMUNICATE YOUR BOUNDARIES CLEARLY AND DIRECTLY

Everyone is entitled to determine what they do and do not want to do, and others should respect it if they care about you. Communicate your boundaries in a clear and direct but respectful way to avoid confusion or misunderstanding. Simply say NO firmly to something you do not want to do. Remember, NO is a complete sentence. If they love you, they will respect your decision regardless of if it suits their wishes or not.

STEP 3: DON'T OVERJUSTIFY YOUR BOUNDARIES

Being firm and decisive about your boundaries is a crucial aspect of attaining others' respect for your boundaries. Release the need to justify because when you over-explain yourself, it signifies your second-guessing of your decision. An overjustification also signifies your fear of rejection and need for others' validation of worthiness. This doubt creates a space for others to challenge your boundaries. Remember, you don't owe anyone an explanation over your boundaries.

How to set and assert boundaries

STEP 4: ASSERT BOUNDARIES AND GIVE ANY CONSEQUENTIAL FEEDBACK

The key to setting boundaries is first figuring out what you want to achieve from your various relationships, setting boundaries based on those desires, and then being clear with yourself and with other people about your boundaries. Every boundary creates consequences. This means that when setting boundaries, it is important to explicitly state why they are important. Don't adjust your boundaries if others refuse to accept it, this will encourage them to disrespectful of your future boundaries. Initially, you may feel disheartened or let down when others refuse your boundaries. This is a normal process. Not everyone will accept your boundaries easily, especially when you make initial changes.

STEP 5: REFLECT AND REDEFINE YOUR BOUNDARIES

Don't get discouraged if your boundaries don't align with your objectives. Setting healthy boundaries is a learning process that is part of your personal growth. It requires a reflection process of what's working and not. This will help you redefine your boundaries. Always remember, to enjoy the journey because life is never about a destination. Stay focus on redefining who you truly are and what your real desires.