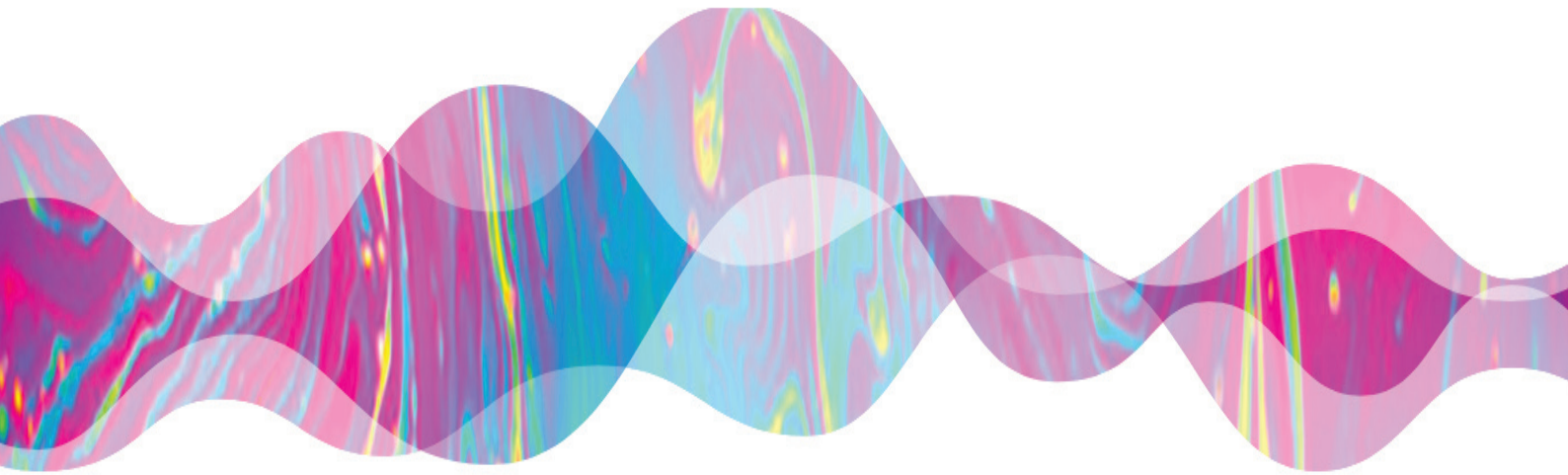


Boundaries

Chapter 5



Trish Stewart
INTUITIVE CONVERSATIONS

Finding Your Magic

Boundaries

Understanding boundaries and why you need them

Boundaries are our choice of self protection. We deliberately choose to set them in place after we have suffered some grief or misadventure. Unfortunately, we set them for negative rather than positive reasons. We set them to keep things out. To avoid negative reinforcement.

We feed our minds with “can’t, but, what if, shouldn’t, maybe, one day, the timing is all wrong.” This constant barrage can affect every decision we make. It can have extreme effects on our psyche, causing us to maintain walls to keep everyone out who could later cause us this same grief. They could inhibit us from reaching out to people who could have been supportive of us.

Example, After two alcoholic husbands

Helen was feeling very vulnerable and uneasy around people who drank, particularly men. In her social circles she met a gentleman who made her heart sing. The attraction was returned. However the word was out that he was a bit of a party animal and enjoyed a drink or two. The barriers erected a long time ago prevented her from feeling comfortable in his company when alcohol was around. While Helen had never seen this man get drunk or behave badly she was always on the lookout and couldn't relax.

To prevent herself from being hurt, she erected boundaries to ensure they did not go out with his friends. These took the form of organising conflicting outings, having an upset stomach, headaches and out and out temper tantrums. This took a lot of time and energy and began to tarnish their relationship.

The healing process had to come from within Helen. When she realised that a lot of what she accused him of was in her mind from past experiences she started to heal. Her story was getting in the way and had to be changed. Helen began to change her story, and began to relax and enjoy herself. This was her turning point. While these barriers and boundaries are good for us to learn from, don't let them ruin your life. Use them as they were intended to be used and learn.

Establishing boundaries

Draw a circle in the middle of the page and then write all the good things that you have in your life in the centre of your circle.

On the outside of this circle write all the good things you would like to have approach you and enter your life. These positives are set in place for you to focus on. As the good approaches and you allow it into your life more good with flow, and you will soon start extending your comfort zone.

Do not be hard on yourself if you have lapses of running for cover. You are human and will experience moments of panic that will arise when a past memory is triggered.

It is said that our reactions are 90% past experiences and 10% present experiences.

In my new world I give myself permission to have.....

