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in Life & Career



Mastering Boundaries

- how to say YES to yourself & NO to everyone else

Why boundaries?

Hello, Allison here. Why do I want to talk about boundaries?

I've struggled with Boundaries throughout my life. In earlier years, I often felt diminished by others' treatment, didn't know what to say or was too scared to speak up. I didn't understand that I could say no to something, like attending a party, if I didn't wish to. I thought I 'should' say yes, even though I wanted to say No. I didn't realise I could control my relationships by expressing my likes and dislikes and my environment by making the best choices for me.

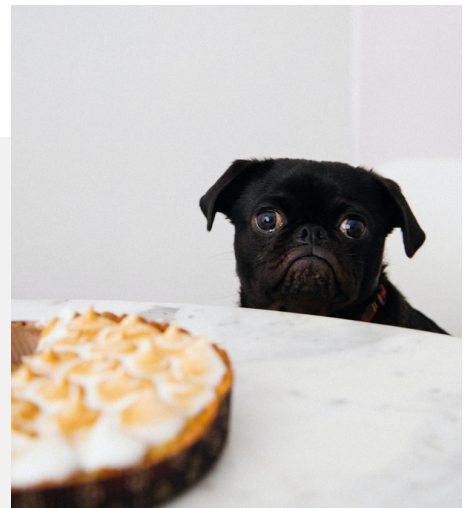


What is a boundary?

- Brene Brown's definition: boundaries is simply what's okay and what is not okay.
- A boundary provides a frame of reference, a limit you place on yourself and other people's behaviours.
- It is how you communicate what is and isn't acceptable, including how you like to be treated by others.

Why do we need boundaries?

- It is often easy to talk about physical boundaries—this is my house, my country, my garden, and my neighbourhood—but they are much more complicated when they involve people and emotions.
- We are constantly setting boundaries, for example, how far we stand away from someone when talking with them, not using someone else's toothbrush or the distance we follow another car so we don't crash into them.
- If we don't have these boundaries, our world becomes chaotic, self-care may not occur, and others could walk all over us.



People Pleasing

How much do you think you like to please others?

Are you saying yes when you want to say no because you want to be nice? Are you known as the helper, carer, or go-to person to sort something out?

These are all attractive traits, but losing our true selves becomes possible when we over-please and do things to please others.

People-pleasing gives away our power. By trying to be friendly, the do-gooder, the yes person, we lose some of our identity, who we are, and what we like to do. It's like giving away parts of ourselves.

People Pleasing is often about needing to be liked and fearing rejection.





People Pleasing

Who should you please? Try out these examples:

1. Robyn had a date planned with her mother one weekend. Unexpectedly, a friend from out of town was visiting. So Robyn said to her mother, "Sorry, I need to change our date as my friend is visiting." Her mother said I'm disappointed, so Robyn told her friend she couldn't meet up.

Who should Robyn please? Disappoint her mother or her friend? Is allowing her mother to be disappointed and not rescuing her okay?

2. Daphne works part-time, 20 hours a week. But it's really busy right now, and she often works 25 to 30 hours. She doesn't tell her boss about the extra hours, ask to be paid the extra hours, or say no to clients.

3. You've just settled in for a lovely Sunday afternoon with precious time for yourself while the family is out. A friend calls and says can I pop over?

Who do you please, yourself or your friend? Could you say, "It's not the right time right now, but can I call you later?"

4. Your boss asks you to stay after work, but you have promised to take your daughter to the movies.

Who do you please, your boss or your daughter?

People Pleasing Questionnaire

Beside each question, write one of these letters:

A = Often

S = Sometimes

N = Never

When I have an issue with someone, I avoid talking to them about it

I rely on positive feedback from others to feel good about myself

Whenever I sense that someone disagrees with my point of view, I tend to soften my position

I feel obligated to do things for others

I am an image-conscious person

I intentionally compliment people, so they will like me

I prioritise everyone else's needs, before my own

I work overtime to please my boss

I struggle to say no if someone asks for help, even though I don't want to or it's not convenient

I apologize when I don't have to

I do things for others so that I'm liked

I feel like others treat me like a doormat

I feel guilty for asking for what I want or need from others

I compare myself to others

I put more importance on how other's are feeling than my own feelings

I'm so focused on what others think, that I don't know what I enjoy or believe in

I often feel like I'm missing out or being left out and then I feel uncared for

I give more than I receive

I resent others for not reciprocating

I don't complain about bad service

I feel like I do most of the giving in a relationship

What do you notice from this questionnaire?

To finish.....



Well done for reading and working through this information. I hope you have gained a little insight into boundaries and people-pleasing.

Please know there is nothing wrong with helping others. But if this behaviour affects how you live, your wants and needs are not met, and resentment wells up, then it's important to take a look at how you are treating yourself and allowing others to treat you.

And what do I do? I help primarily women in mid-life through change. Change that comes with relationship break-ups, children leaving home, returning to work from time out of the workforce and loss of some kind. I've been a coach for over 20 years and love to transform people's lives by giving them tools that I have learned along my journey and helping to create a mindset that enables people to move forward.

I offer:

- ✓ Individual 1 on 1 coaching
- ✓ Myers Briggs Personality Type assessment
- ✓ Creating a Powerful Mindset
- ✓ 3 online Courses
 - Mastering Procrastination
 - Mastering Boundaries
 - Living Life with Passion & Purpose

If you would like to work more with boundaries and people-pleasing or something else, then do get in touch. Here is my email - allison@allisonfisher.co.nz

You can also visit my website: www.allisonfisher.co.nz

Or join me on my private FB page - <https://www.facebook.com/groups/livingyourlife>

If you would like to learn more tools for setting boundaries in your life, I offer an online course called [Mastering Boundaries](#).

Warmly
Allison