



Boundaries: To create compassion and trust

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Introduction

- **Boundaries are about me**
- **Boundaries increase compassion**
- **Boundaries build trust**
- **This leads to positive energy**

Living BIG

- **B: What BOUNDARIES do I need to put into place...**
- **I: so I can work from a place of INTEGRITY....**
- **G: and I can extend the most GENEROUS interpretations of the intentions, words, and actions of this person?**
- **Boundaries: what's ok and not ok for me. What is me and what is not me. A dividing line. Setting limits.**
- **Integrity: getting clear on what are my values and beliefs and living in alignment with "my truth"**
- **Generosity: working from assumptions and intentions of compassion and grace**

Why do we need clear boundaries?

- **They keep us safe**
- **Reflects our values and beliefs**
- **Live from our true identity**
- **Discern our responsibilities**

Ways we know we might need boundaries

- **Offloading Hurt: a signal that we need a boundary**
- **Staying right below boiling point**
- **Bouncing hurt with anger, blame, and avoidance**
- **Numbing: "I can take the edge off with....."**
- **Stockpiling the pain until our bodies shut down or respond**
- **Feeling stuck- fear of movement and losing control**
- **Misalignment of inner and outer experience; Saying "yes" when you mean "no" by ignoring my "gut"**

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Handling Anxiety and Stress with no Boundaries

- **Overfunctioning:** moving quickly to advise, rescue, take over, micromanage, and be in control. Crosses our own boundaries and those of others.
- **Underfunctioning:** Move toward less competency under stress and invite others to take over. Takes down boundaries.

Internal Boundaries

- Knowing what is OK and not OK for me.
- Owning my limits and acting/speaking in alignment with those.
- Builds self-trust: Did I respect my own boundaries? Was I clear on what was OK and not OK for me?

External Boundaries

- Respect others' boundaries and ask if you are not clear on those.
- Have "an ask" to clearly share what works for you and what doesn't.
- Choose boundaries that are in your control.

Categories of Boundaries

- Time (work schedule, how long you can meet with a friend)
- Finances (shopping, charity giving)
- Personal space, physical touch
- Emotions (telling someone to stop crying, or stop feeling a certain way)

Integrity

- Getting clear on what are my values and beliefs and living in alignment with "my truth"
- Choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them
- Our emotions can help us identify what values are getting "bumped into"

Generosity

- Working from assumptions and intentions of compassion and grace
- Believing that people are doing the best they can
- Generosity to myself and honoring my limits
- The capacity I have and others have will vary moment by moment and day by day
- Uncertainty and curiosity vs. certainty and judgement. Fact vs. Fiction

Barriers to Living BIG

- You will disappoint people when you set boundaries
- You will face fear and sadness



- You must be intentional about noticing your inner world
- You may face self-judgment as you bump against perfectionism and needs

Start Simple

- Get clear about what works and doesn't work for me
 - My ask: putting it into words
 - No, I am not able to do that. Yes, I can do that.
 - No, that doesn't work for me. Yes, that works for me.
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- Stay simple, clear, authentic. Don't over-explain.

5 Healthy Benefits of Boundary Setting

- Contribution to Others' Well Being
- Freedom From Bad Behavior, Fear or Pain
- Increased Self Esteem and Self Respect
- More Respect From Others
- Requirement for Honest, Direct Communication

5 Guidelines for Setting Effective Boundaries

- Back up boundary setting with action.
- Be direct, firm and gracious.
- Don't debate, defend or over-explain.
- Have support easily available on the sidelines in the beginning.
- Stay strong, don't give in.

If you are looking for ways to develop Confident Leadership let us know!

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