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Exploring Early Boundary Beliefs

This activity serves as a prompt to explore how the boundaries in your childhood may continue to impact your relationships and attachments with people and things in our life.

Saying no and setting expectations is difficult when it wasn't taught or honored. Check out this list if any of these resonate with you (add any that may come up)

- Engaging in unhealthy relationships
- Self-sabotage
- Low self-esteem
- Addiction
- Codependency
- Unhealthy boundaries
- Perfectionism
- Emotional unavailability
- Guilt when caring for self
- Guilt for healing
- _____
- _____
- _____

Take a moment to connect with one that resonates or remain open to what comes up. Where do you believe this belief/reaction might come from?

Do you remember your early boundaries?

Who was the first person to honor one of your boundaries? What was the boundary?

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Who was the first person to dishonor your boundary? What was the boundary?

When I was a child, this would have been a helpful boundary:

I felt heard and seen by the following people:

I wanted to be seen by these people:

I recall my caregivers having the following rules for me:

I remember having the following boundaries for myself:

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If I said no in my house, the following happened:

I wish my caregivers would have taught me this:

I think adults should honor the following boundaries with children

When I was younger I responded this way. Now that I am older, I am able to respond in the following ways

Take a second for self-compassion and affirmation. Use these examples, create your own or simply reflect on how these statements make you feel:

- I can teach myself what I wish my parents would've taught me.
- I forgive myself for blaming myself when things weren't my fault
- I recognize that some people won't apologize or recognize what they did as "wrong."
- I can be for myself what I need from others.
- I can't forget what happened, but I can learn to cope with what happened.
- I am not alone. I can create a healthy and fulfilling life.
- I don't have to repeat the cycle.
- _____
- _____
- _____

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Are there any other questions or factors that may come up?

Tawwab, N. G., & Tawwab, N. G. (2021). *The set boundaries workbook: Practical exercises for understanding your needs and setting healthy limits*. Tarcher Perigee, an imprint of Penguin Random House LLC.