

Boundaries

Boundaries communicate where my world ends and your world begins. They communicate what is in my world and for what I am responsible.

I am responsible for my thoughts, my feelings, my wants, my desires, my needs, my actions, my words, etc. You are responsible for these things in your world.

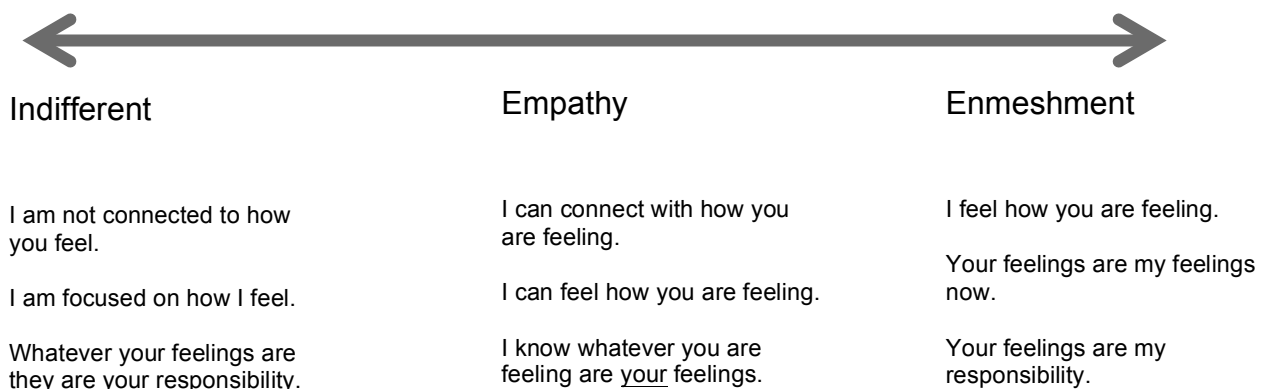
The problem comes when boundaries get blurred and I make myself responsible for other people's feelings or happiness, or I make other people responsible for mine. This is the beginning of becoming a rescuer, a victim or co-dependent. I'm not automatically the solution to someone's problem and nor are they automatically the solution to making me feel better.¹

Centred

Emotionally engaged and balanced

We all have an emotional tendency in the way we relate to people. It may be to be emotional disconnected or overly entwined.

Emotional Continuum



Mark where you generally fit on the continuum.



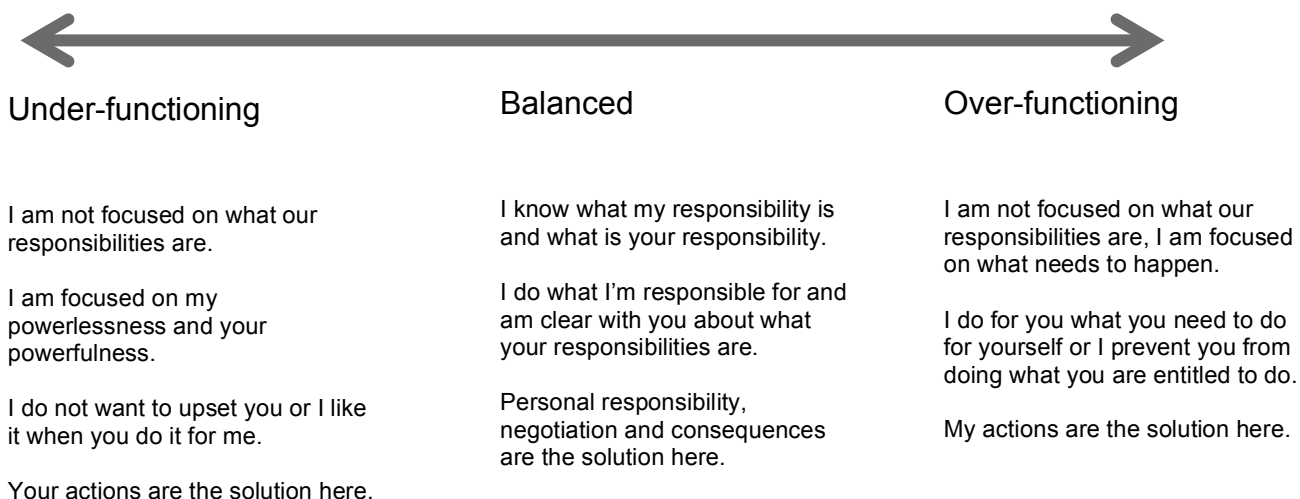
Now think about three significant people in your life and mark on the continuum where you fit with each. What do you notice?

1. For more on boundaries, see *Boundaries* by Cloud and Townsend.

Functionally Balanced

We all have a tendency to function in the certain way in which we relate to people. This can mean we take too much or too little responsibility for the role we play and the tasks we do.

Responsibility Continuum

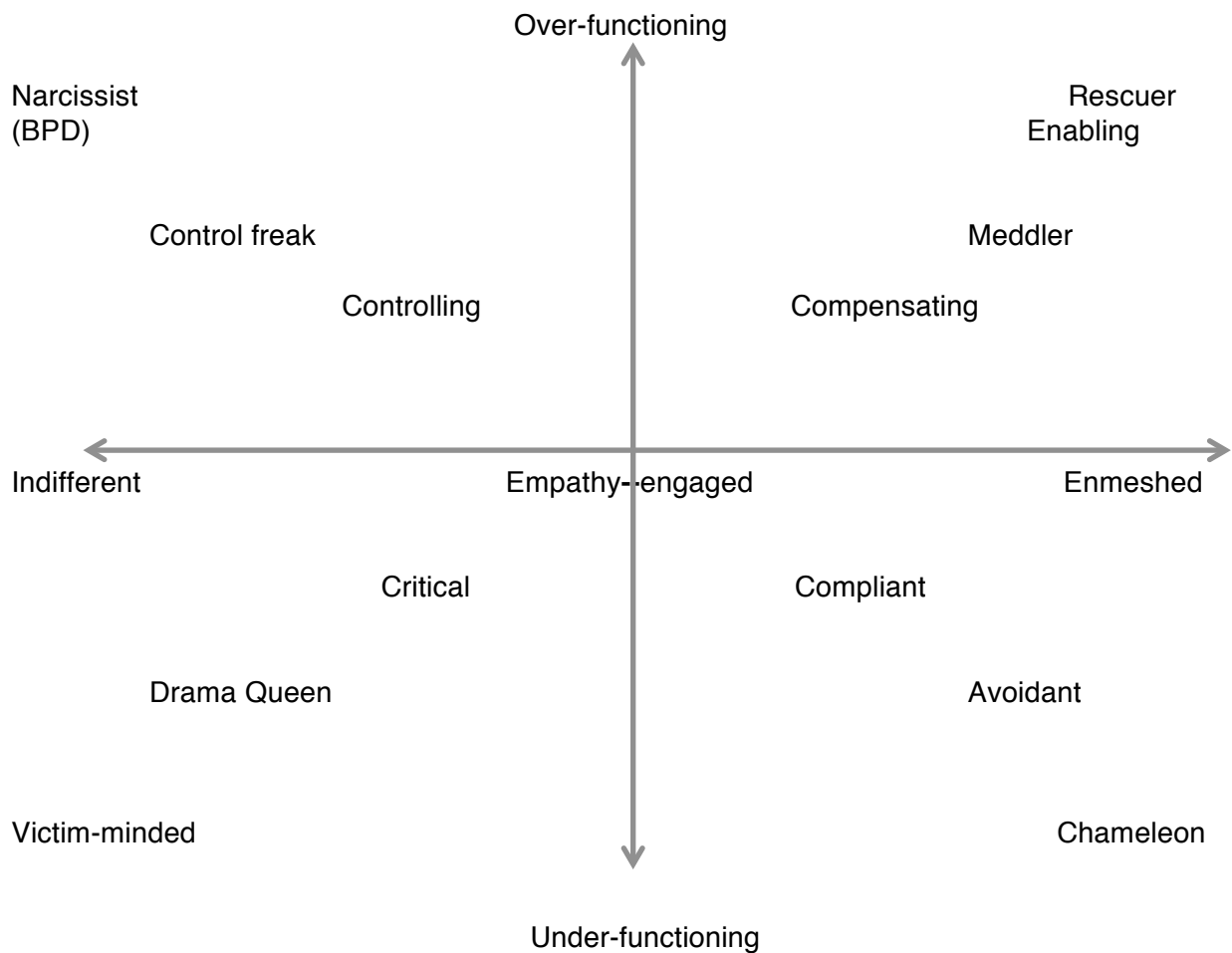


Mark where you generally fit on the continuum.



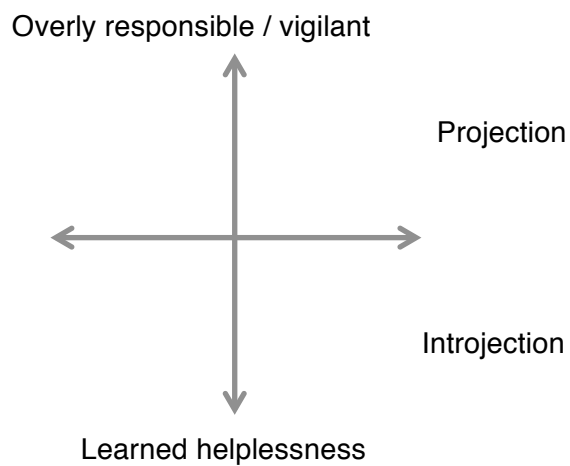
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Relationship tendencies

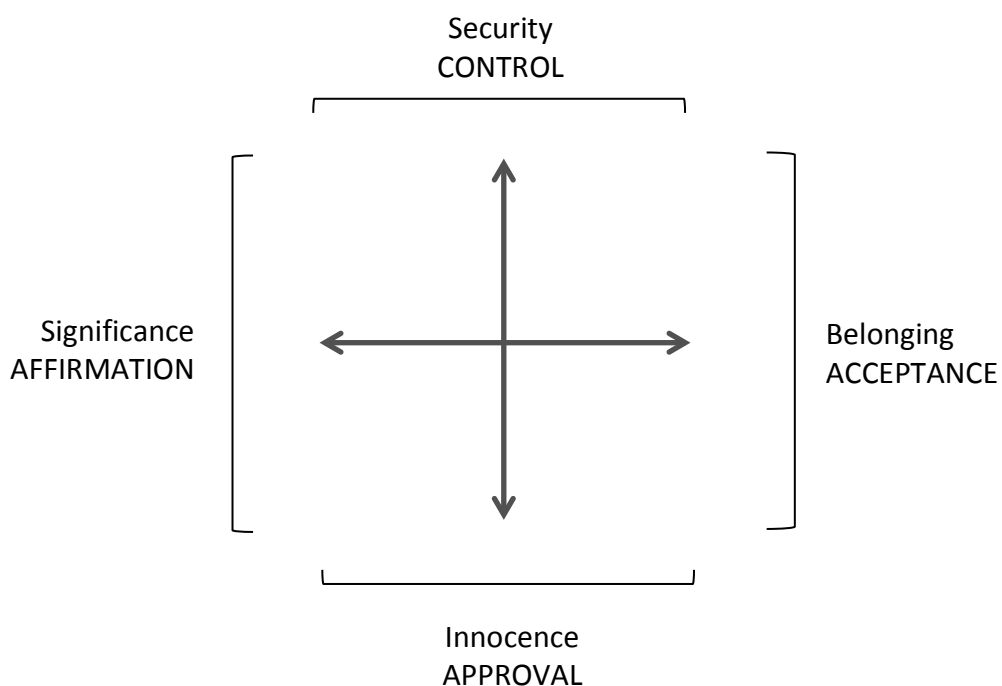


What does each quadrant need to learn in order to get centered?

Emotional perceptions



Emotional needs



The role we play is often dependent on how we perceive the environment.
Where do I feel safe and strong and where do I feel threatened and insecure?

Another look at our coping mechanisms
Perfectionist over-functions to avoid criticism
Procrastinator under-functions to avoid criticism