



# BOUNDARIES & BARRIERS

## A Fence Around My Dreams

PROTECTING YOU FROM A WORLD OF HURT

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# Goals of Presentation

Understand what personal boundaries are.

Know how to set healthy boundaries that create a more fulfilling and productive life and relationship.

# BOUNDARIES: WHAT ARE THEY AND WHY DO THEY EXIST?



# What are Personal Boundaries?

Provided by TherapistAid.com

- Personal Boundaries are the limits & rules we set for ourselves within relationships. A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy & close relationships.
- A person who always keeps others at a distance (whether emotionally, or physically, or otherwise) is said to have Rigid boundaries. Alternatively, someone who tends to get too involved with others has Porous boundaries.



# Common traits of Rigid, Porous, & Healthy Boundaries

Provided by [TherapistAid.com](https://www.therapistaid.com)



# Rigid Boundaries

Provided by [TherapistAid.com](http://TherapistAid.com)

- Avoids intimacy & close relationships.
- Unlikely to ask for help.
- Has few close relationships.
- Very protective of personal information.
- May seem detached, even with romantic partners.
- Keeps others at a distance to avoid the possibility of rejection.

# Porous Boundaries

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- Overshares personal information.
- Difficulty saying “no” to the requests of others.
- Overinvolved with others’ problems.
- Dependent on the opinions of others.
- Accepting of abuse or disrespect. Fears rejection if they do not comply with others.

# Healthy Boundaries

Provided by [TherapistAid.com](https://www.therapistaid.com)

- Values own opinions.
- Doesn't compromise values for others.
- Shares personal information in an appropriate way (does not over or under share).
- Knows personal wants & needs, & can communicate them.
- Accepting when others say "no" to them.



# 6 Types of Personal Boundaries

Provided by TherapistAid.com

- **Physical Boundaries** refers to personal space and physical touch. Healthy physical boundaries include an awareness of what's appropriate, and what's not, in various settings & types of relationships (hug, shake hands, or kiss?) Physical boundaries be violated if someone touches you when you don't want them to, or when they invade your personal space (for example, rummaging through your bedroom).
- **Intellectual Boundaries** refers to thoughts & ideas. Healthy intellectual boundaries include respect for others' ideas, & an awareness of appropriate discussion (should we talk about the weather, or politics?). Intellectual boundaries are violated when someone dismisses or belittles another thoughts or ideas.

# 6 Types of Personal Boundaries

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- **Emotional Boundaries** refer to a person's feelings. Healthy emotional boundaries include limitations on when to share, & when not to share, personal information. For example, gradually sharing personal information during the development of a relationship, as opposed to revealing everything to everyone. Emotional boundaries are violated when someone criticizes, belittles, or invalidates another person's feelings.
- **Sexual Boundaries** refer to the emotional, intellectual, & physical aspects of sexuality. Healthy sexual boundaries involve mutual understanding & respect of limitations & desires between sexual partners. Sexual boundaries can be violated with unwanted sexual touch, pressure to engage in sexual acts, leering, or sexual comments.

# 6 Types of Personal Boundaries

Provided by TherapistAid.com

- **Material Boundaries** refer to money & possessions. Healthy material boundaries involve setting limits on what you will share , & with whom. For example, it may be appropriate to lend a car to a family member, but probably not to someone you met this morning. Material boundaries are violated when someone steals or damages another person's possessions, or when they pressure them to give or lend them their possessions.
- **Time Boundaries** refer to how a person uses their time. To have healthy time boundaries, a person must set aside enough time for each facet of their life such as work, relationships, and hobbies. Time boundaries are violated when another person demands too much of another's time.

# Why do They Exist?





# Boundary Ball Activity

# Why do They Exist?

1. Protect an internal environment
2. Moderates what come inside or goes out.
3. Communicates to outsiders where they are & terms



# Working Definition:

**Boundaries:** A tool/device that is used to help maintain the internal environment of a space by limiting access by outside forces &/or limiting release of internal objects.

(Cameron's working definition)

Webster's:

Something that indicates or Fixes a limit or extent.

# Pros & Cons of boundaries

NO boundaries:

Pro:

Cons:

- Increased mental anguish which can lead to development of mental disorders or Traumatic incidents.
- Increased chronic physical stress which can lead to illness and ultimately death:
- Lack of Productivity & inability to reach goals

Boundaries:

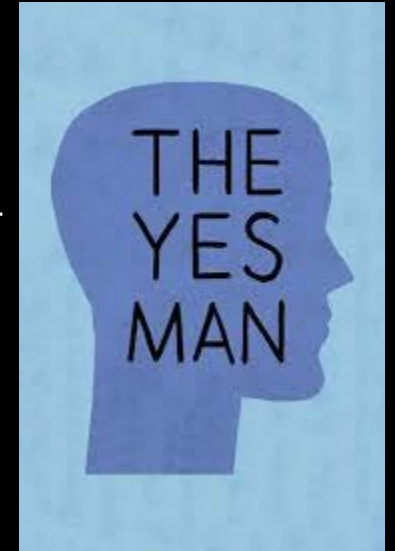
Pros:

- Enhanced mood and productivity
- Improved ability to deal with stressful/strenuous events
- Improved physical Health
- improved relationships
- More stability in personal and professional spaces
- Financial benefits\*

Cons:

1. Loss of people who you may have memories and strong ties.
2. Temporarily frustration from cohorts and fears.

Cameron Gomez





# Forming Healthy Boundaries:



1. Know yourself and triggers of stress cascade.
  - identify what things are important to you and your mental health.
  - Identify what events and traits you possess that contribute to Trauma or Stress Cascade
2. Create boundaries and barriers to implement.
  - These should be based on understanding the triggers of the stress cascade
3. Evaluate and Adjust.

# Knowing yourself and your Stress Cascade Triggers

1. Know what really is Important to your personal mental health and overall life.

- Do you require more down time?
- Do you need to have more time for creative space?
- Are you a procrastinator?
- What's going on internally(mentally) & physically when you are at your best?

1.1 Know what events start or contribute to your stress cascade; also, personality traits that may contribute to that cascade.

- Do you overcome it?
- Does being in certain environments cause a series of unfortunate events?

# Know yourself and your Stress Cascade Trigger

## Activity:

Based on the previous questions and examples, take 6 min to:

1. Identify 2 things that are occurring internally when you are at your best.  
(these are things you need for your personal mental health)
2. Identify personality traits that may play into Stress Cascade Trigger you have. (limit to 3)
2. Identify a specific events that causes or greatly contributed initially to stress cascade.

# Create boundaries and barriers to implement

1. Decide what boundary you're attempting to establish. Be specific.
  - Is this about protecting your time, money, being, overextension or mistreatment?
2. What's the plan?
  - it should be more than one dimensional as to deal with varying circumstances
  - Disengaging can be part of a plan, as can non participation.
  - Practice it
  - stick to it

# Create boundaries and barriers to implement

Activity:

Take 3 min.

Create a plan for a boundary you would like to establish and plan for implementation. Give contingency that accounts for variance of situation.

# Assess and Reevaluate

1. We are constantly growing and changing and so are our relationships and values, so your boundaries should change too.
2. Are there boundaries & barriers you currently have that should be readjusted? Observe within yourself anything that might prevent you from growing and learning (i.e have you barriers became restraints to an extent)

Activity: Give yourself 3 min and Answer question 2 .

# QUESTION

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