

“Boundaries with Others/Boundaries with Self: Essential Skills for Hope and Health”

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Takeaways

I. What we mean by Setting Health Boundaries

- a) Definition of/ways to think about boundaries
- b) Boundaries in-play right here-and-now in this room, at this conference, in your life
- c) Let's start with Self → Self-Recovery as your foundation for this work
- d) 4 Areas of Self to consider as you set your boundaries

II. Ethics of Boundaries (NAADAC Ethics)

- a) Providing services within our job description
- b) Providing services within our scope of practice
- c) Providing services within our personal resources of time, energy, spirit
- d) Caring for self – we are the vehicle through which we do our work

III. Healthy Boundary Setting – 3 Parts

a) Part 1 - Setting Healthy Boundaries

- i) Slow down
- ii) Listen to you
- iii) Listen to your 4 Areas of Self
 - (1) Thoughts
 - (2) Feelings
 - (3) Body
 - (4) Spirit
- iv) Respond to your 4 Areas of Self. Then,
 - (1) Create an “I” statement
 - (2) Edit your “I” statement
 - (3) Rehearse your “I” statement

b) Part 2 - Stating Your Boundaries Assertively

- i) Assertiveness Training
- ii) Skills specific to boundary setting
 - (1) Express your boundary in a statement not a question
 - (2) Say things once. Twice at the most.
 - (3) Say things cleanly and without extensive discussion, not over-explaining
 - (4) Be aware of your self – your tone, thoughts, feelings
 - (5) Stick with your boundary

- (6) Stick with the specific topic
- (7) Stay in the present not pulling in old issues
- c) **Part 3 – Living with Your Boundaries**
 - i) Guilt Management Skills
 - ii) Skills specific to boundary setting
 - (1) Listen to the other person
 - (2) Be careful of defending, justifying, and/or convincing
 - (3) Remember your reasons for your boundary
 - (4) Employ your guilt management skills to center you
 - (5) Learn when to stop the conversation
 - (6) Stop your part in the conversation

IV. **When your boundaries are challenged**

- a) Remain Assertive vs. passive or aggressive
- b) Know what you will do if your boundaries cannot be respected – not a threat but an honest action on your own behalf
- c) Employ your Guilt Management skills
- d) Be ready to take action on your own behalf in a centered vs. retaliatory way

V. **Respecting the boundaries of others**

- a) Recognize when you are pushing back against someone else's boundaries – or want to
- b) Remember they have their reasons for their boundaries which may be different from yours or not be in sync with what you would like
- c) Respect the other person's choices
- d) Re-center in you
- e) Then re-group in ways/things you have control of