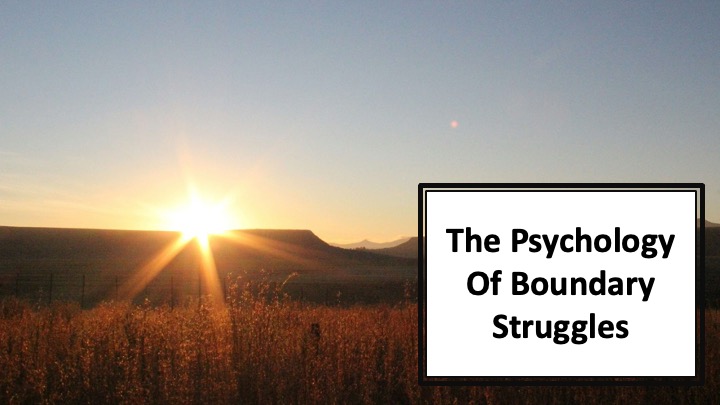
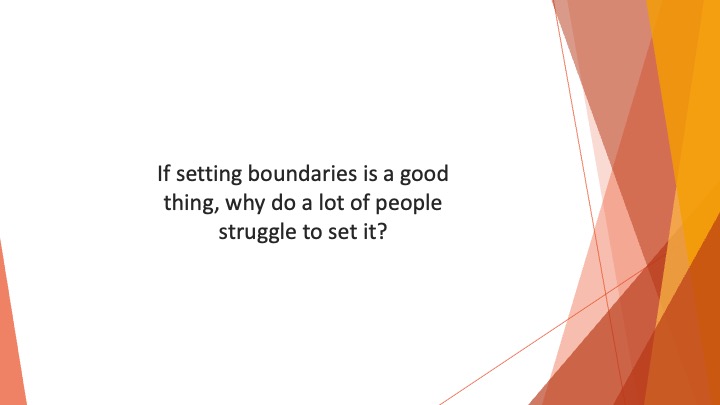
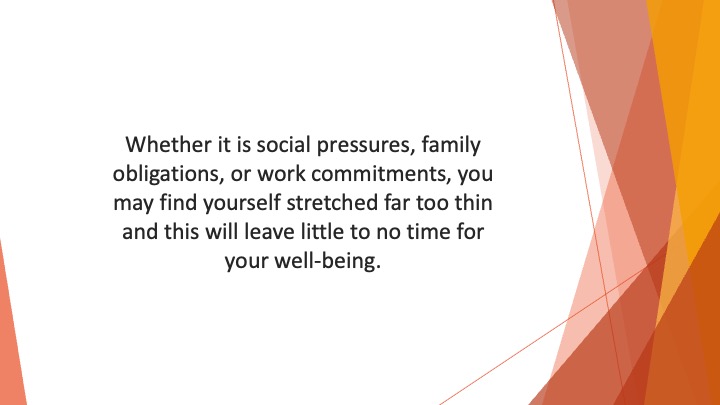
**Chapter 2: The Psychology of Boundary Struggles**

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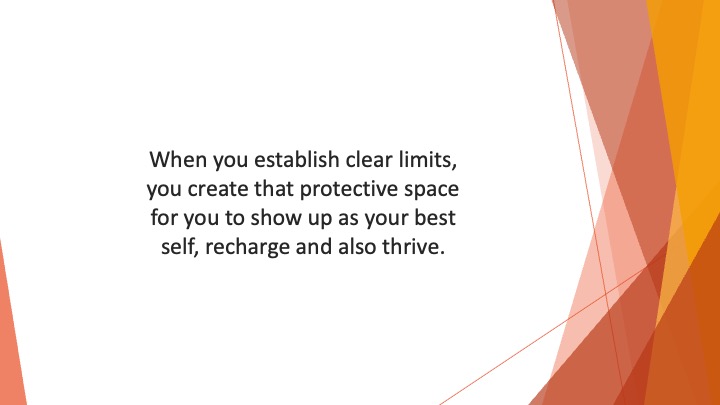
**S1** : In this video, we’ll talk about “The Psychology of Boundary Struggles”



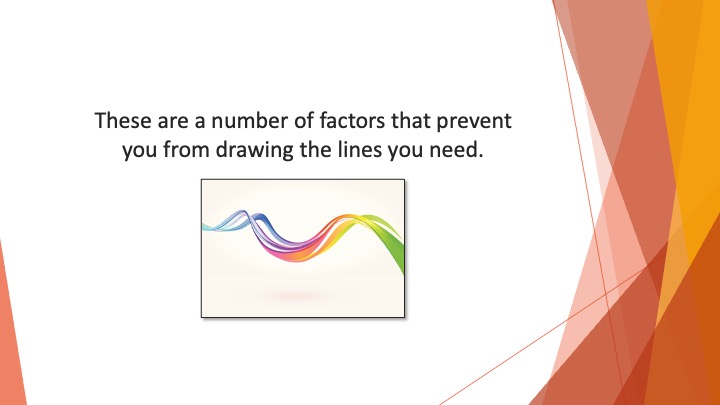
**S2 :** If setting boundaries is a good thing, why do a lot of people struggle to set it? We live in a demanding and fast-paced world and it can be so easy to fall into the overwhelming pull of constant responsibilities, needs and expectations of others.



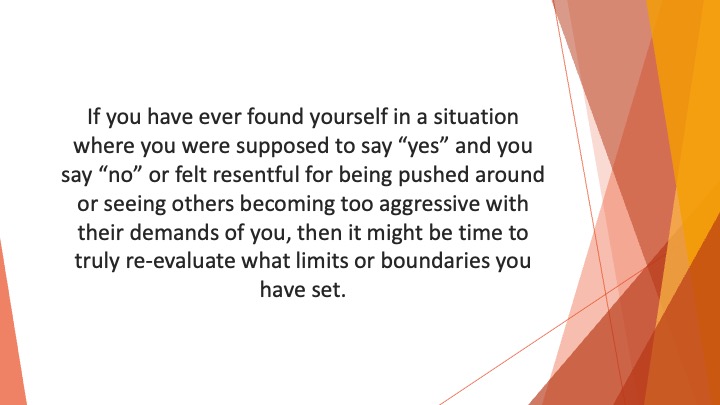
**S3** : Whether it is social pressures, family obligations, or work commitments, you may find yourself stretched far too thin and this will leave little to no time for your well-being. That is the main reason setting boundaries is important. Boundaries are not about you being selfish, they are about you taking control of your emotional and mental health.



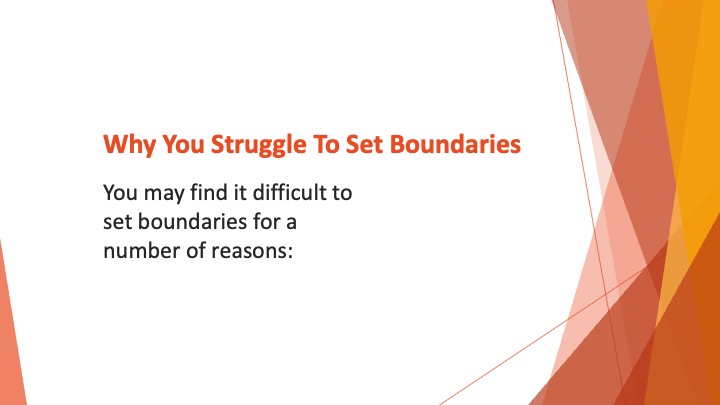
**S4** : When you establish clear limits, you create that protective space for you to show up as your best self, recharge and also thrive. But why do so many people struggle to set boundaries? Here are a few reasons - the feelings of guilt, the fear of disappointing others, or not knowing how best to communicate your needs.



**S5 :** These are a number of factors that prevent you from drawing the lines you need.

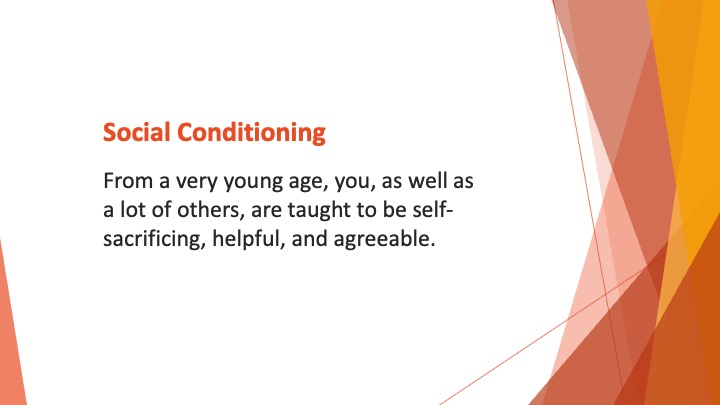


**S6 :** If you have ever found yourself in a situation where you were supposed to say “yes” and you say “no” or felt resentful for being pushed around or seeing others becoming too aggressive with their demands of you, then it might be time to truly re-evaluate what limits or boundaries you have set.



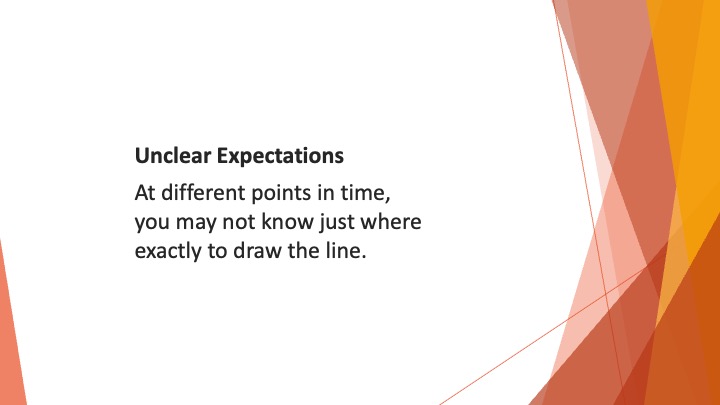
**S7 :** Why You Struggle To Set Boundaries

You may find it difficult to set boundaries for a number of reasons:



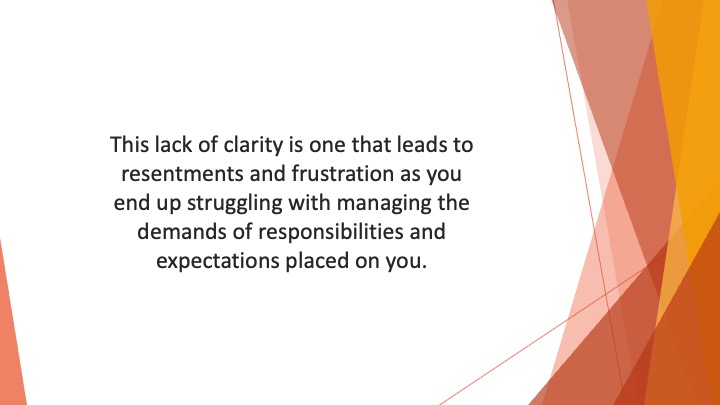
**S8 :** Social Conditioning

From a very young age, you, as well as a lot of others, are taught to be self-sacrificing, helpful, and agreeable. Society and life often rewards your selflessness and overwork and leaves little to no room for an iota of idea that setting boundaries is a sign of strength instead of a sign of weakness.

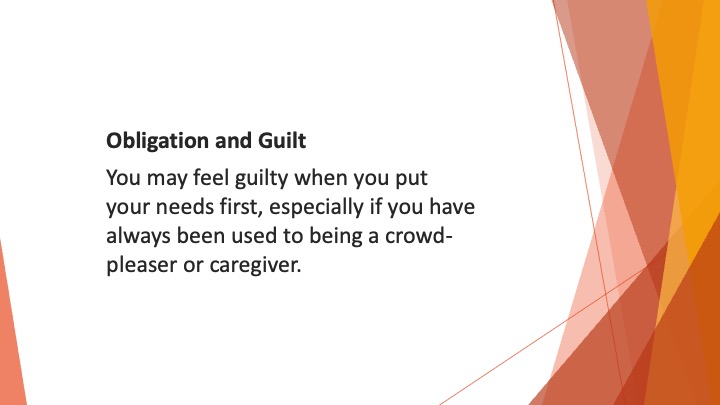


**S9 :** Unclear Expectations

At different points in time, you may not know just where exactly to draw the line. When you have not established clear and defined personal boundaries, it becomes difficult for you to communicate them to other people.

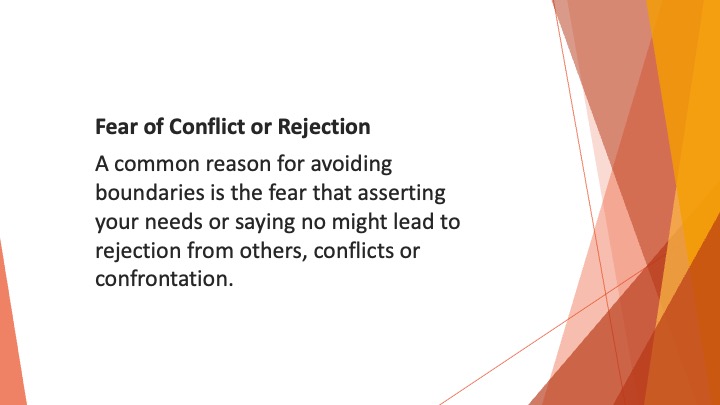


**S10 :** This lack of clarity is one that leads to resentments and frustration as you end up struggling with managing the demands of responsibilities and expectations placed on you.

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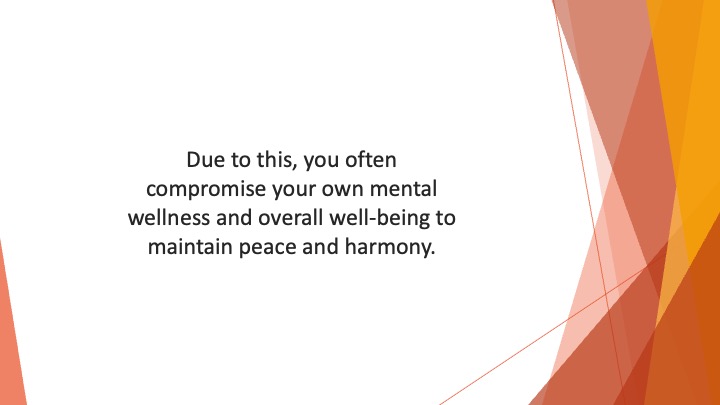
**S11 :** Obligation and Guilt

You may feel guilty when you put your needs first, especially if you have always been used to being a crowd-pleaser or caregiver. You may feel obligated to say yes to every favor or request, thinking that it is selfish to prioritize your own boundaries.

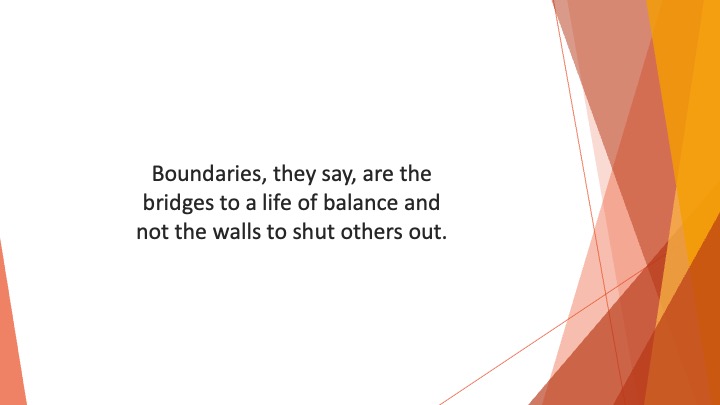


**S12 :** Fear of Conflict or Rejection

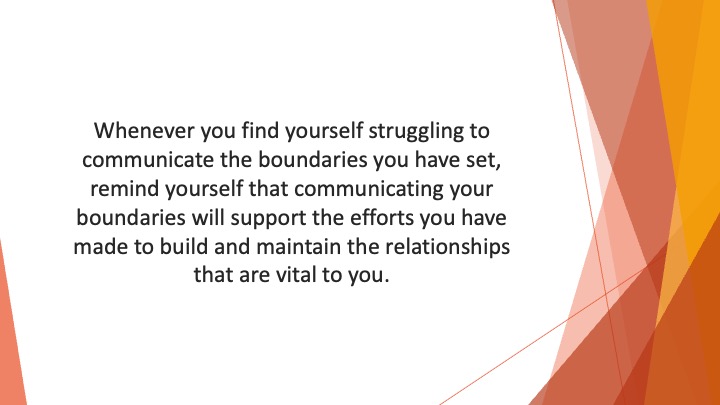
A common reason for avoiding boundaries is the fear that asserting your needs or saying no might lead to rejection from others, conflicts or confrontation. You may worry about how others will react and have that fear that they may become upset or move away from your life.



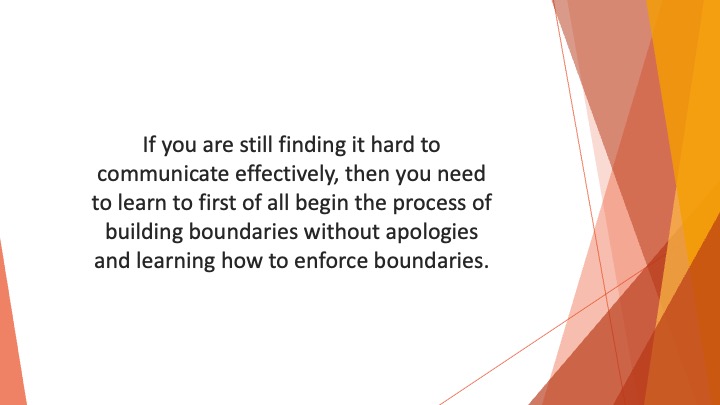
**S13 :** Due to this, you often compromise your own mental wellness and overall well-being to maintain peace and harmony.



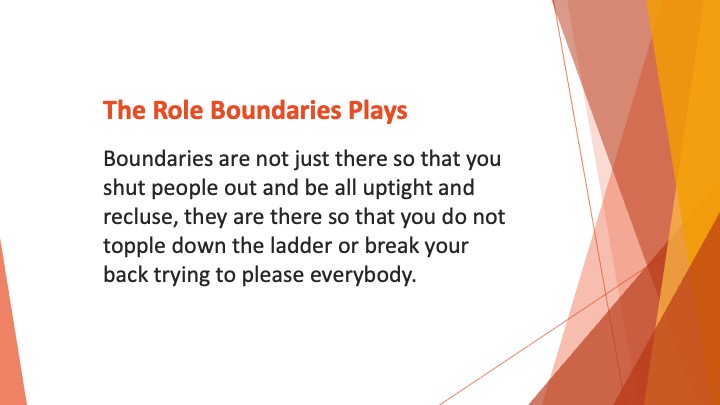
**S14 :** Boundaries, they say, are the bridges to a life of balance and not the walls to shut others out. They are there to allow you to protect your well-being while making more meaningful connections and fostering deeper relationships.



**S15 :** Whenever you find yourself struggling to communicate the boundaries you have set, remind yourself that communicating your boundaries will support the efforts you have made to build and maintain the relationships that are vital to you.

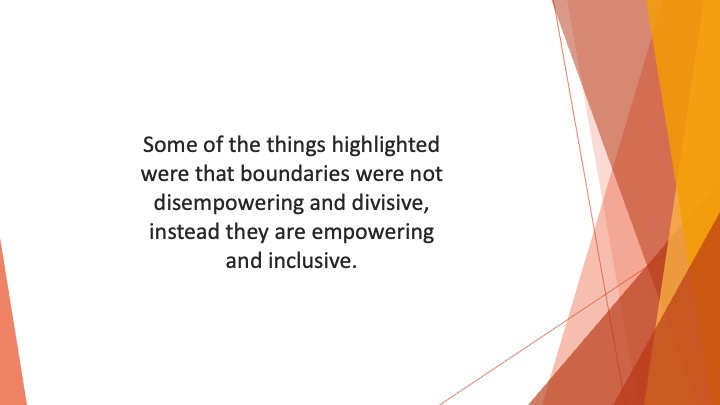


**S16 :** If you are still finding it hard to communicate effectively, then you need to learn to first of all begin the process of building boundaries without apologies and learning how to enforce boundaries.

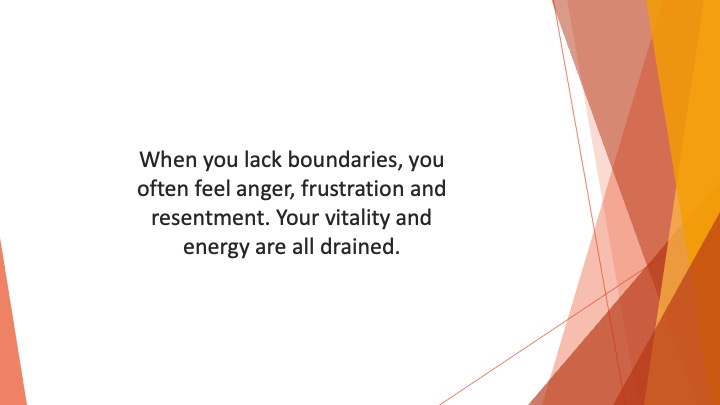


**S17 :** The Role Boundaries Plays

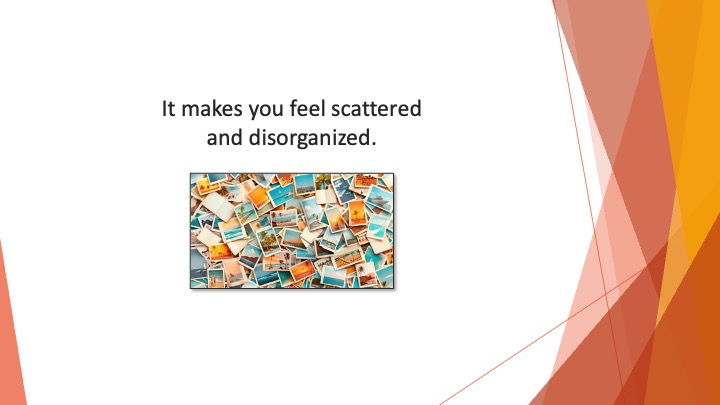
Boundaries are not just there so that you shut people out and be all uptight and recluse, they are there so that you do not topple down the ladder or break your back trying to please everybody.



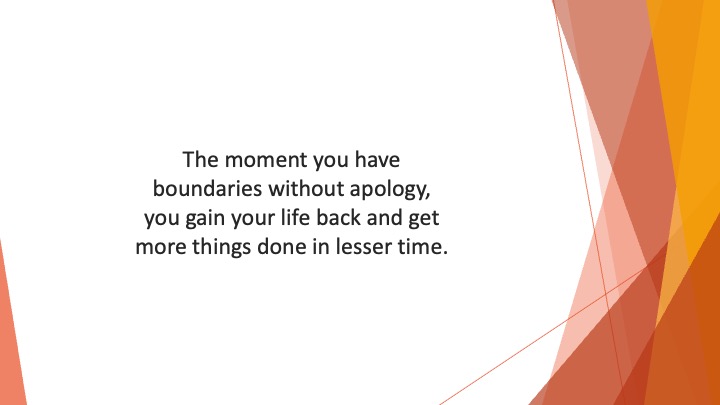
**S18 :** In previous chapters, the importance of boundaries were mentioned and explained. Some of the things highlighted were that boundaries were not disempowering and divisive, instead they are empowering and inclusive.



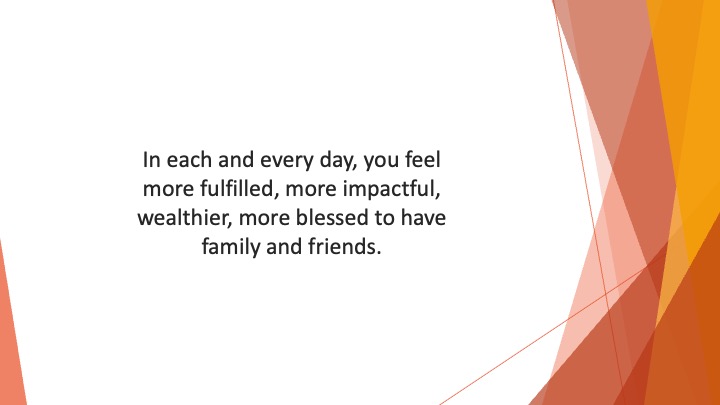
**S19 :** When you lack boundaries, you often feel anger, frustration and resentment. Your vitality and energy are all drained. A lack of boundaries eats away and erodes all the healthy relationships that you have with co-workers, employers, employees, friends, family and even yourself.



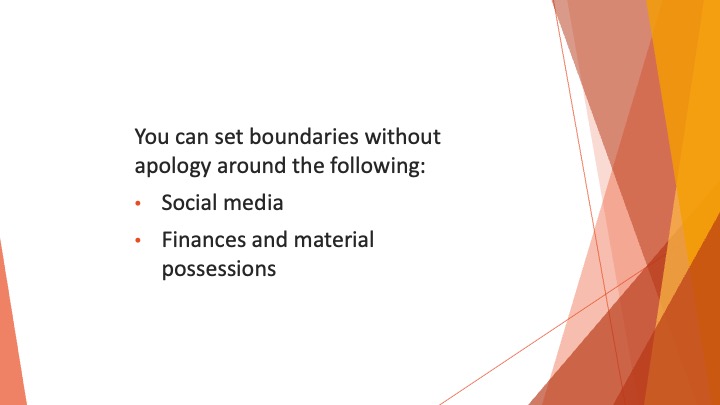
**S20 :** It makes you feel scattered and disorganized.

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**S21 :** The moment you have boundaries without apology, you gain your life back and get more things done in lesser time. You being to enjoy the things that truly and really matter to you, the things that make you tick, the things that make you come alive, the things that make you you.

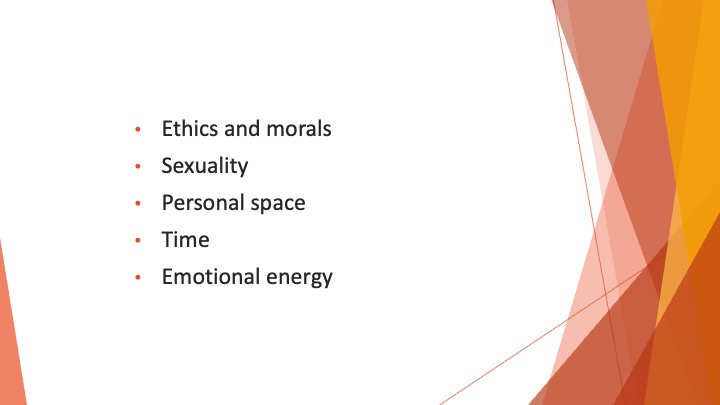


**S22 :** In each and every day, you feel more fulfilled, more impactful, wealthier, more blessed to have family and friends.



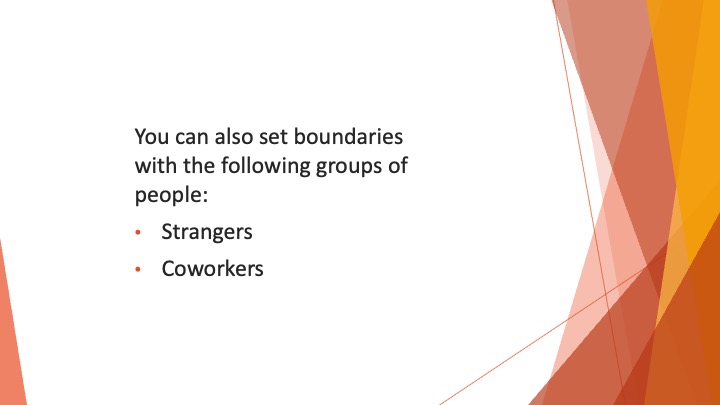
**S23 :** You can set boundaries without apology around the following:

* Social media
* Finances and material possessions

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**S24:**

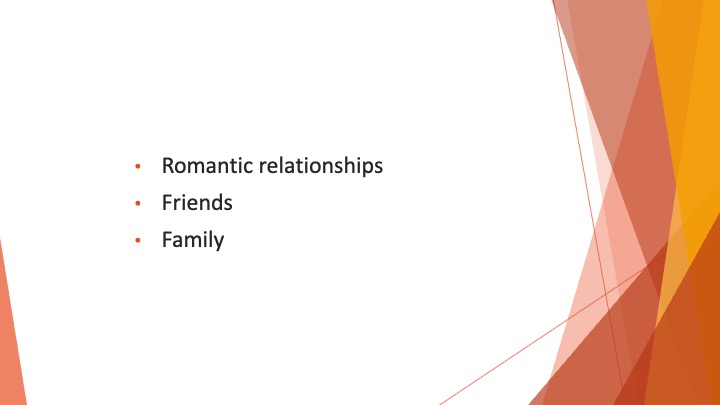
* Ethics and morals
* Sexuality
* Personal space
* Time
* Emotional energy

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**S25 :** You can also set boundaries with the following groups of people:

• Strangers

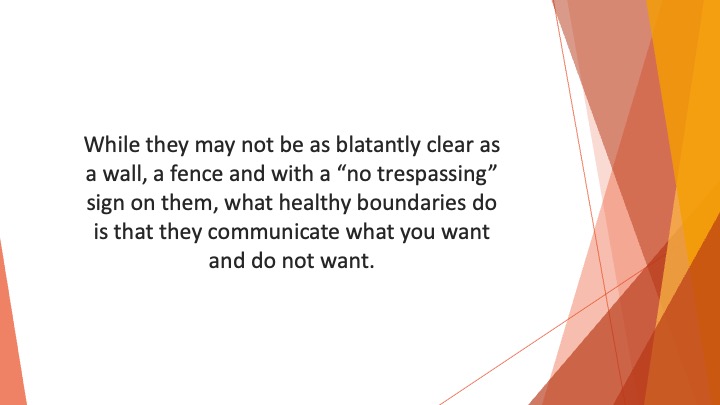
• Coworkers

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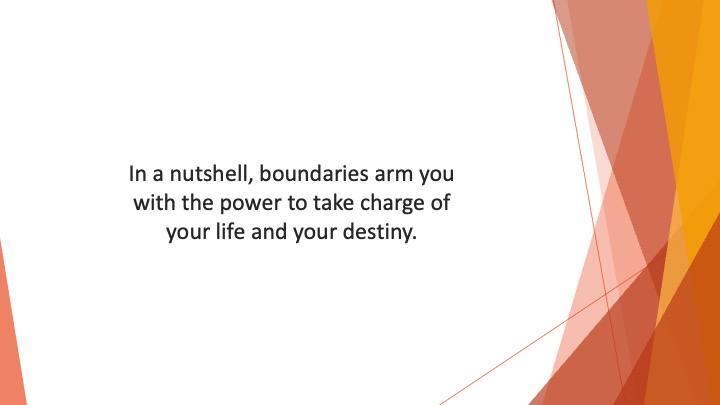
**S26 :** • Romantic relationships

• Friends

• Family

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**S27 :** While they may not be as blatantly clear as a wall, a fence and with a “no trespassing” sign on them, what healthy boundaries do is that they communicate what you want and do not want. It communicates what you will tolerate and will not tolerate, it communicates what you will take and what you will not take from others.

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**S28 :** In a nutshell, boundaries arm you with the power to take charge of your life and your destiny.