

An illustration of a person from the waist up, holding a large book titled "Boundary". The book is divided into two main sections: "External Events" on the left, which is blue and contains a calendar icon, and "Internal Reactions" on the right, which is red and contains a heart rate line and a speech bubble icon. The person is standing on a surface with three circular ripples in the water, colored blue, red, and yellow. The background is a light blue gradient with faint circular patterns.

Topic Separation

Boundary

Reduce Stress, Think Clearly

Topic Separation: Key Insights from Alfred Adler

- **What it is:** Distinguishing what's within your control from what's not.
- **How to apply:** Ask "Whose business is this?"
- **When to use:** When facing stress or overthinking.
- **Outcome:** If it's "**your business**," focus your energy. If it's "**others' business**," release anxiety.
- **Benefits:** Reclaim mental space, reduce stress, stop trying to control the uncontrollable.



Your Business

- Your actions
- Your feelings
- Your reactions



Others' Business

- Their opinions of you
- Their actions
- Their decisions

Applying Topic Separation



Example 1: Friend Cancels Plans

When a friend cancels plans, avoid self-blame.

Their choice = Their business | Your calm reaction = Your business



Example 2: Receiving Criticism

When someone criticizes you, don't internalize it.

Their criticism = Their business | Your response = Your business

How to Practice?

Notice stress

Pause: "What am I worried about?"

Classify

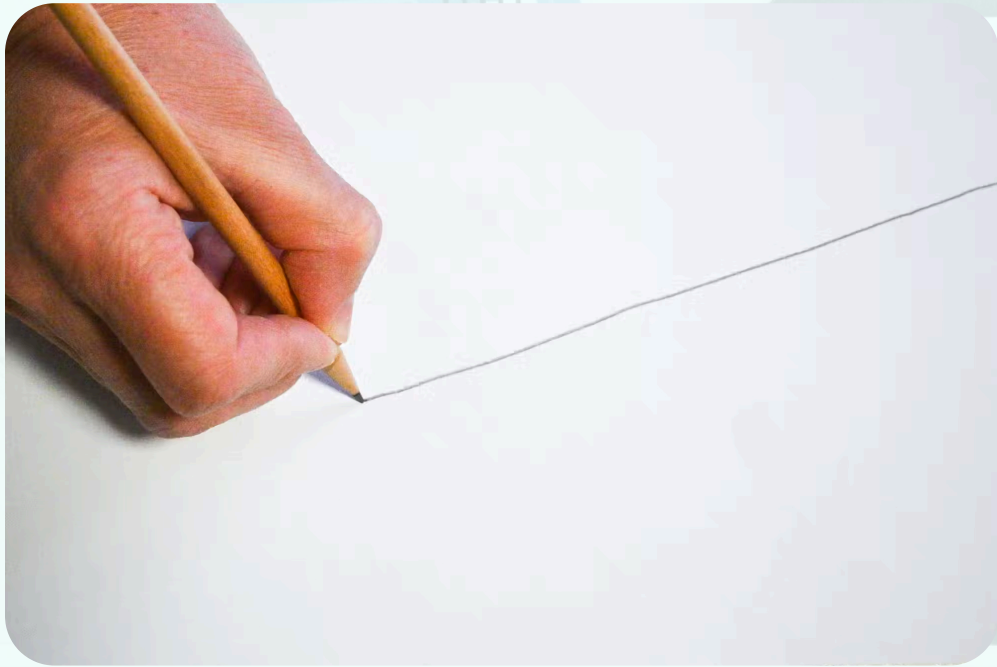
"Can I control this? (My/
Others' business)"

Focus on your part

Let go of others' business!

E.g.: Someone is rude (theirs) →
You stay calm (yours)

Setting Kind Boundaries



Their Choices, Their Responsibility

You can't fix others' moods or decisions.
Focus on your own actions and kindness.



Safeguard Your Peace

Don't let external events or others' actions
dictate your inner calm.



Small Shift = Big Calm!

Focus on your business → Less stress, more control of your feelings

❏ **Tip:** Next time you feel overwhelmed → Ask: "Whose business is this?"

Ever stressed from mixing up "your/others' business"?

Thank You!