

HOW TO KEEP OUR BOUNDARIES

IN THREE SIMPLE STEPS

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KEEPING YOUR BOUNDARIES

Are you tired of toxic people ruining your mood and how you feel about yourself? This simple 3-step process will set you free from their sarcasm, anger and sadness.

Step 1

FOCUS ON OUR PART - WE OWN OUR REALITY.

We acknowledge that self-deception robs us of connection and self-love. Therefore, we get brutally honest about admitting and accepting our perfect imperfections.

- 1 Is any part of it true?
- 2 If any part of it is true, we take ownership of that part, openly admit our imperfection and put a plan in place to make amends.
- 3 Why is it true? This is where we acknowledge how the pain from our past created this perfect imperfection, and we forgive ourselves.

Step 2

FOCUS ON THEIR PART - WE LEARN ABOUT THEIR REALITY.

If all or part of it is *untrue*, we switch our focus to what might be happening inside them, which we are not responsible for fixing?

- 1 Did they use sarcasm, anger, or fear? Sarcasm=Anger, Anger=Fear, Fear=Sadness
- 2 What might be going on in their life that would make them angry, scared, or sad?
- 3 How might these feelings be about their imperfections that they are now projecting onto us and wanting us to fix for them?

Step 3

MAKE AN EMPOWERED CHOICE - NOBODY MAKES US FEEL ANYTHING UNLESS WE GIVE THEM THAT POWER.

- 1 Am I going to choose to play the victim, surrender my worth and allow another person's reality to determine who I am?
- 2 Am I going to choose to play the victor, love myself and them by honoring my reality and keeping my internal boundary?