

1 boundaries

1. What messages did I receive about boundaries in my childhood? Were they encouraged, dismissed or punished? I was not allowed to have any sort of boundaries in any sense of the matter/ My doors were removed as a child; I was watched and monitored every night. I was never left alone and my grievances were trivialized and mocked.
2. Are there specific experiences in my past where boundaries were ignored or violated? How did that shape my current beliefs about boundaries? The example I frequently mention is the one of the door but there exist a multitude of examples below the surface of my memory.
3. How did the adults in my life model boundary-setting (or lack of it)? In all honesty, they modeled that those in positions of authority should give no leeway to those below them: the boundaries are set by those with power and those left to suffer are those without.