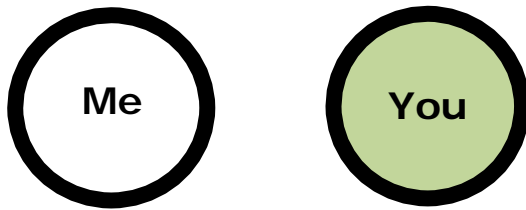


Boundaries in Relationships

Session 7 Handout



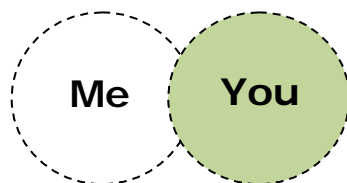
Holding Others at a Distance

Pros:

- Feel protected and safe
- Less or no conflict

Cons:

- Not connected
- Lonely
- Lack of support



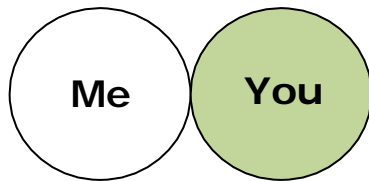
Fused Boundaries

Pros:

- Feel connected and “in-sync”
- May feel support sometimes

Cons:

- Lack of support around your priorities
- Lose sense of unique identity
- Not getting your needs/goals met



Healthy Boundaries

Pros:

- Feel connected
- Feel support
- Strong sense of individual identity
- Mutual support of goals/needs

What are Boundaries?

As we have various experiences in life, we receive specific message about how important our needs/wants are. This happens in our families, in the military, in our job situations and in romantic relationships.

Sometimes we receive messages that our needs/wants are not important and we learn to deny, hide, or minimize the importance of our needs/wants. As a result, our needs are not met.

Other times, we receive messages that the only way to get our needs/wants met is to use force, threats/intimidation, or manipulation.

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