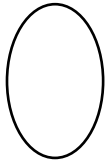
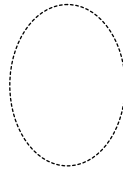


## BOUNDARIES

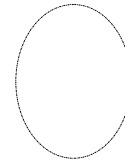
Boundaries are something that indicate a border or limit. They help to define, identify and protect a thing or a person. Infants and children have to learn about boundaries. Boundaries may be intact and functional, broken, or fortified like a wall.



WALL  
isolated



FUNCTIONAL  
differentiated



BROKEN  
enmeshed

Abuse occurs when boundaries are not honored or are invaded. Four types of boundaries and corresponding statements you can use to set those boundaries are described by Pia Melody as follows: (I have added a "time." boundary)

Types of boundaries:

Boundary Statement:

Physical	I have the right to determine when, where, how and who is going to touch me and how close they are going to be to me.
Sexual	I have the right to determine with whom, when, where and how I will be sexual.
Emotional	My reality in regards to my feelings, thoughts and behavior is more about me and my history than it is about anything someone else has said or done. Other's reality is more about them and their past than it is about me. I am responsible for my emotional outlook on life.
Intellectual	I have the right to think whatever I want to think, I need only face the consequences of my own thinking. I must give others the right to think whatever they want to think.
Time	What I am experiencing in the present may resemble what happened in the past but it is not the same. Memories are only thoughts and feelings from the past.

BOUNDARIES & RESPONSIBILITY

I am responsible for my thoughts, feelings and actions. There is no freedom without responsibility. Hillel, an ancient sage said: If I am not for myself, who will be for me? If I am only for myself, what am I?

QUESTIONS FOR FURTHER DISCUSSION AND REFLECTION:

1. In what areas of my life are my boundaries intact? Where do I have walls? No boundaries?
2. How am I doing this week in setting appropriate boundaries for myself and in honoring the boundaries of others?

FOR FURTHER READING see Pia Melody: Facing Codependency.