

## Boundaries - Part 1

This coming week, we're going to be discussing boundaries. It's important in any relationship, even more so in our neurodiverse relationships. Often I hear how we do not feel respected by spouse, children and family members. We may feel pulled in many directions, or requested of beyond what's healthy for us. I had experienced the same. In therapy, the starting point of attention was with me; do I respect myself? If I had not respect for myself, how then do others come to respect me?

And so my learning about boundaries began.

Our value and worth come with our relationship with the Lord. We learn that boundaries are biblical because the Lord sets boundaries. Next comes with valuing ourself by setting boundaries that communicate to others who, what, where, why and how we are available and to establish to what degree we give of ourself. Unless we communicate and demonstrate our worth, we leave our being valued and respected by others, to chance.

Let's start with boundaries and our self-respect.

### AI Overview

"Boundaries show self-respect by demonstrating that you value your own needs, time, and emotional well-being, and are willing to assert them by clearly communicating your limits to others, effectively protecting yourself from being taken advantage of or overextended; essentially, setting boundaries is an act of prioritizing your own well-being and saying "no" when necessary, which is a key component of self-respect.

Key points about boundaries and self-respect:

Prioritizing your needs:

When you set boundaries, you are actively choosing to prioritize your own needs and desires over the expectations of others.

Assertive communication:

Effectively communicating your boundaries requires assertiveness, where you clearly state your limits without feeling apologetic or overly accommodating.

Protecting your emotional health:

By setting boundaries, you create a protective barrier that prevents others from emotionally draining or manipulating you, thus safeguarding your mental well-being.

Empowerment:

Establishing boundaries empowers you to take control of your life and make choices that align with your values."

Boundaries are often mistaken as wanting to control other people. This is a myth. Boundaries are meant to protect and safeguard ourself.