

Boundaries - Part 4

Some roadblocks that may hinder you from setting boundaries:

Feeling guilty, you may find it easier to please people, or you feel it is a selfish act.

You may fear being rejected. You may wonder if you will still be loved, or fear losing the relationship.

When you set a boundary, but it's not honored or kept, you may experience frustration.

Do you feel it's safer to avoid conflict rather than set a boundary?

Sometimes you may doubt yourself.

At times you may not recognize when a boundary needs to be set, and what it needs to look like.

Not having the knowledge of words on how to phrase the boundary the appropriate way.