Day 13: Today's Lesson: Setting boundaries and saying NO creates self trust

Learning how to value and protect your own energy so you can trust yourself leads to a more productive, purposeful and happier life.

When you say no to something, you are saying yes to you and what you want to fill your time with.

Most people who have trouble saying no and setting boundaries are people pleasers. If you were raised in a home where your emotional needs weren't met or you felt like you were a burden, you don't have the experience of knowing your true value or feeling unconditional love. You most likely thought that you had to do what others needed so you didn't feel abandoned or rejected. We take on the belief we need to please others and betray ourselves in order to feel loved and accepted.

Or this could also be something you witnessed, like a parent who didn't have good boundaries or displayed people pleasing from their own lack of self worth.

People pleasing is the inability to sit with uncomfortable emotions so in order to avoid this, we abandon ourselves and do things for others in order to make them happy so we don't have to feel uncomfortable.

It may also be that you don't want to confront or be in conflict with someone else so it just feels easier to say yes. It's ok to say no, to put yourself first. If you don't, you create distrust within which keeps you in a pattern of putting others needs before your own and you may wind up feeling bitter.

Saying no is about looking at what you want an outcome to be and then saying no to all things that get in the way of that. Things that drain your time, your energy and your resources.

This is where boundaries come in. Boundaries are things that are ok for you and things that aren't….and they are yours so it's a decision of what feels right for you. You'll know this by the way it makes you feel. If something feels good, life giving, easy, aligned its an ok boundary for you. If something feels like too

much , like you are compromising yourself, you have hesitation about it, you feel conflicted, most likely this is stepping over a boundary line for you.

Setting good boundaries is about you making yourself the priority. This means you have to visualize and clearly state your limits and then show up for yourself and hold true to what you are saying is ok and what isn't.

People who don't respect your boundaries likely don't have their own either which is why its important to create your own so you don't get resentful, in addition you can build self trust and validate your own needs.

You aren't responsible for anyone else's feelings and your worth doesn't come from the approval of others.

This can be really uncomfortable if you aren't used to setting boundaries or saying no, and people may respond to you negatively at first especially if they are used to you saying yes.

You've got to be able to give without feeling depleted and say no without feeling guilty. Guilt is often associated with feeling like you are causing someone else suffering. If you were encouraged to act a certain way as a child and you didn't act perfectly, this could result in not getting the attention you needed which can cause a lack of boundaries, identity issues, depression and anxiety.

When you let others take from you, it's depleting.

Signs you may have unhealthy boundaries.

Adopting someone else's beliefs in order to feel accepted.
Allowing yourself to be interrupted or distracted to accommodate someone else's immediate needs or wants.
Becoming overly involved in someone else's problems in order to fix them.
Not communicating your own needs.
Working when you are sick.
Saying yes to plans when you really don't want to.
Over apologizing

Allowing other people to say things to you that make you feel uncomfortable

In order to make changes you could practice doing things like:
1. Be aware of your pattern
2. Do things to take care of yourself and meet your own needs
3. Set good boundaries and practice saying no

Practice saying things like:
I've changed my mind.
I'm not sure how I feel about that and I need some time to think about it.
No, that doesn't work for me.
I need some space at the moment.

You can be kind about it but you also want to be honest about where you are. Whatever your boundaries are is what they are. You can be assertive but don't ever apologize for what isn't ok for you. Own your limits and be true to what you want.

Here are some other ways to say no… if this feels honest and right for you.
I'd love to but I can't right now.
Thank you for the offer, but it isn't right for me at this moment.
I'm booked doing something else at that time.
Unfortunately now isn't a good time.
That sounds wonderful, but I'm unable to commit to this right now.

I'll never forget, I was on the phone with a friend one time, and asked her if she wanted to go to dinner. And her response was no, thank you. She didn't explain, she didn't apologize, she owned that it wasn't right for her and that she couldn't commit. She was confident, she didn't feel bad about it and didn't feel like she had to protect my feelings. I didn't take it personally, I knew that she had something else going on, but I LOVED her confidence and her ability to say what was best for her without feeling like she was going to hurt my feelings. I think we all need to be a little more like this and start doing what is best for us.

Start getting really conscious about protecting your energy. Set your intention that you will have good boundaries and that you will love yourself and you will do what you need to do for yourself first instead of putting others needs before your own.

This is all about finding the balance. If you have kids, or if you are in a care taking role, it's extra important that you take the time you need for you.

Choose a goal or an outcome you want to achieve. Lets say you have a goal to have more happiness in your life, say no to all things that don't bring you joy. And if you can't say no, look at why? Is it a job you don't enjoy going to, is it a person you don't want to hang out with? Identify what it is and make choices to better your circumstances. Allow yourself to make choices based on what you want to see happen, not what you think is the right thing to do. You come first and so does your happiness and you are the only one who can change your situation.

When you show up for yourself and practice good boundaries you build more confidence which will help you to live healthier, with more trust and self love.

Stop right now and take 5 deep breaths to center yourself and do what's right for you!