

Good morning and happy Monday team!

Oh, and happy Halloween! I hope you all had a great weekend and an even better week.

We will start a new Motivational Monday series today using Dr. Henry Cloud and Dr. John Townsend's **Boundaries** book.

How many of us struggle to set and maintain boundaries?

Some people focus so much on being loving and giving that they forget their own limits. Have you ever found yourself wondering: Can I say no and still be a loving person? How do I answer someone who wants my time, love, energy, or money? How do I stand up to hurtful behavior or abuse? Why do I feel guilty when I consider setting boundaries?

We will look at setting healthy boundaries with parents, spouse, children, friends, coworkers, social media, and even with yourself.

Unpacking the ten laws of boundaries, we will look at bringing new **happiness** and **health** to relationships. We will discover how boundaries can give the freedom to walk as the loving, giving, fulfilled individuals.

Content for this series

1. What are boundaries?
2. Boundary conflicts
3. Developing healthy boundaries
- 4.

Boundaries teach us when to say yes, how to say no, and to take control of our lives.

"Love yourself enough to set boundaries. Your time and energy are precious, and you get to decide how you use them. You teach people how to treat you by deciding what you will and won't accept."

- Anna Taylor

Peace,
Maggie

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For an Emergency, Call 988 or the National Suicide Hotline: 1-800-273-8255