

Good morning and happy Monday team!

I hope you all had a great weekend. Let's talk about a day in a **boundaryless** life.

Many of us try to live life the right way. We try to do a good job with marriage, children, our job, and relationships... but do we ever feel that life isn't working the way it should?

We have all probably identified with helplessness, confusion, guilt, and the feeling that life is out of control.

Here is what usually does not work:

- Being nice out of fear: People pleasing efforts don't seem to bring intimacy
- Taking responsibility for others: This is unproductive energy, fearful niceness, and over responsibility

These can lead to the difficulty of taking ownership of our own life. Any confusion of responsibility and ownership in our lives is a problem of boundaries. Just as homeowners set physical property lines around their land, **we need to set mental, physical, emotional, and spiritual boundaries for our lives** to help us distinguish what is our responsibility and what is not.

When confronted with a lack of boundaries ask these questions:

1. Can I set limits and still be a loving person?
2. What are legitimate boundaries?
3. What if someone is upset or hurt by my boundaries?
4. How do I answer someone who wants my time, energy, love, or money?
5. Aren't boundaries selfish?

For this motivational Monday series, we will answer these questions to use setting boundaries as a form of self-care. We must remember that boundaries are a beautiful type of self-care, and the self-love is remembering that **you are worth** setting your own boundaries.

"Stop asking why they keep doing it and start asking why you keep allowing it."

- Unknown

Peace,
Maggie

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

