

From: [Maggie Beshears](#)
To: [Faculty](#); [Staff](#); [Adjunct](#)
Subject: What Do Boundaries Look Like?
Date: Monday, November 14, 2022 7:23:15 AM
Attachments: [image001.png](#)
[image002.png](#)

Good morning and happy Monday team!

I hope you all had a great weekend. Last week, we explored that it is better to have boundaries in place and not have a boundaryless life. This week let's discuss what boundaries look like.

In the physical world, boundaries are easy to see, which could be fences, signs, and walls. In their different appearances, they give the same message: This is where my property begins. The owner is responsible for what happens on his or her property. Nonowners are **not** responsible for the property.

Boundaries define us. They define what is us and what is not us. Knowing what we are to own and taking responsibility for gives us freedom. Boundaries help us to distinguish our property so we can take care of it. **They help us guard our emotions.** We keep things that will nurture us inside our fences and keep things that will harm us outside.

Example of Boundaries

- Physical: need for personal space and need for rest
- Emotional: respecting and honoring feelings and energy
- Time: work and home balance – Not overcommitting
- Intellectual: respect for thoughts, ideas, and curiosity
- Material: possessions in your home and what you can and cannot share

What is within your boundaries?

- **Feelings**: should never be ignored or placed in charge. Your feelings are your responsibility, and you must own them and see them so you can begin to find an answer to whatever they are pointing to.
- **Attitudes and Beliefs**: We need to own our attitudes and beliefs because they fall within our property line. We are the ones who feel their effect, and **the only ones who change them.**
- **Behaviors**: Have consequences. If we go to work, we will get a paycheck. If we exercise, we will be in better health. If we act kindly toward others, we will have better relationships.
- **Choices**: We are in control of our choices, no matter how we feel. Setting boundaries inevitably involves taking responsibility for your choices. You are the one who makes them. You are the one who must live with their consequences. **And you are the one who may be keeping yourself from making the choices you could be happy with.**

Taking care of boundaries is not easy. Setting and maintaining boundaries is hard work. Remember, you are worth your boundaries. Be mindful to take responsibility for these areas of your soul.

"Compassionate people have boundaries of steel."

- Brene Brown

Peace,
Maggie

Maggie Beshears, LPC
Director of Counseling at UACCB
Office Phone: 870-612-2035
Pronouns: she/her/hers
For an Emergency, Call 988 or the National Suicide Hotline: 1-800-273-8255

