

From: [Maggie Beshears](#)
To: [Faculty](#); [Staff](#); [Adjunct](#)
Subject: Boundary Problems
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Good morning and happy Monday team!

I hope you all had a great weekend. If you have been working on setting and maintaining boundaries, you might have run into boundary problems. It is easy to misunderstand boundaries. At first glance, it seems as if the individual who has difficulty setting limits is the one who has the boundary problem; however, people who don't respect others' limits also have boundary problems.

Compliance boundary conflict is when people have fuzzy and indistinct boundaries. They melt into the demands and needs of other people. They struggle to stand alone, distinct from people who want something from them.

The inability to say no to the bad is pervasive. Not only does it keep us from refusing evil in our lives, but it also often keeps us from recognizing evil. This can happen from:

1. Fear of hurting the other person's feelings
2. Fear of abandonment and separateness
3. A wish to be totally dependent on another
4. Fear of someone else's anger
5. Fear of punishment
6. Fear of being shamed
7. Fear of being seen as bad or selfish

Controllers come in two types

- **Aggressive controllers:** These people that do not listen to others' boundaries. They run over other people's fences like a tank. They are sometimes verbally or even physically abusive.
- **Manipulative controller:** These people try to persuade people out of their boundaries. They talk others into yes. They indirectly manipulate circumstances to get their way.

Below is a chart of the four types of boundary problems. It will help you briefly see the kinds of problems with which you may struggle.

	Can't Say	Can't Hear
No	The Compliant: Feels guilty and/or controlled by others: can't set boundaries	The Controller: Aggressively or manipulatively violates boundaries of others
Yes	The Nonresponsive: Sets boundaries against responsibility to love	The Avoidant: Sets boundaries against receiving care of others

We have looked at the different categories of boundaries. But how do you develop boundaries? Why do some people seem to have natural boundaries and others have no boundaries at all? Next week we will begin looking at how people can develop healthy boundaries.

"Boundary setting helps you prioritize your needs over other people's wants."

- Lauren Kenson

Peace,

Maggie

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Pronouns: she/her/hers

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

