

From: [Maggie Beshears](#)
To: [Faculty](#); [Staff](#); [Adjunct](#)
Subject: How Are Boundaries Developed?
Date: Monday, November 28, 2022 7:06:44 AM
Attachments: [image001.png](#)
[image002.png](#)

Good morning and happy Monday team!

I hope you all had a great Thanksgiving break. This week we are going to talk about boundary development. Remember the old saying, "Insanity is genetic. You inherit it from your kids?" Well, boundaries are not inherited. They are built. Boundary development is an ongoing process.

We are built for relationships. Attachment is the foundation of the soul's existence. When this foundation is cracked or faulty, boundaries become nearly impossible to develop.

1. We set limits and risk losing a relationship
2. We don't set limits and remain a prisoner to the wishes of another

Bonding: The Foundation of Boundary Building

- Bonding is the prelude. As children learn to feel safe and at home with their primary relationships, they are building good foundations to withstand the separateness and conflict that comes with boundary development.

Three phases are critical to developing healthy boundaries in childhood: hatching, practicing, rapprochement.

Hatching

- This is a difficult period for new mothers. It's especially hard for women who have never really "hatched" themselves. They long for nothing but closeness, neediness, and dependency. It's a painful boundary for Mother, but a necessary one for the child.

Practicing

- The practicing phase provides the child with the energy and drive to make the final step toward becoming an individual, but energetic exhilaration can't last forever. Cars can't always run at full speed.

Rapprochement

- The ability to be emotionally attached to others, yet without giving up a sense of self and one's freedom to be apart.
- The ability to say appropriate NOs to others without fear of loss of love.
- The ability to take appropriate NOs from others without withdrawing emotionally

Boundary Injuries: What Goes Wrong?

- **Withdrawal**: A parent's emotional withdrawal can be subtle. A hurt tone of voice. Long silences for no reason. Or it can be overt. Crying spells. Illness. Yelling. Children of parents like these grow up to be adults who are terrified that setting boundaries will cause severe isolation and abandonment.
- **Hostility**: The "my way or else" approach teaches children to pretend to be obedient. The "you have a choice" approach teaches children to be responsible for their own actions.
- **Overcontrol**: Occurs when the otherwise loving parents try to protect their children from making mistakes by having too-strict rules and limits.

By now you should be gaining a clearer picture of what goes into boundary problems and boundary development. Next week, we will see how boundaries operate in our lives.

"Boundaries are basically about providing structure, and structure is essential in building anything that thrives."

- Henry Cloud

Peace,
Maggie

Maggie Beshears, LPC (she/her)

Director of Counseling

University of Arkansas Community College at Batesville

Office: 870-612-2035

maggie.beshears@uaccb.edu

2005 White Drive, Batesville, AR 72501

For an emergency, call 988 or the National Suicide Hotline: 1-800-273-8255



www.uaccb.edu