

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

I hope you all had a great weekend. **Happy finals week!** This semester has flown by.

As we enter the holiday season, I hope you all continue to consider the importance of self-care. Setting and maintaining healthy boundaries can be a fantastic way to uphold self-care.

This week let's talk about boundary myths. One of the definitions of a myth is fiction that looks like a truth.

### Common Boundary Myths

1. **If I set boundaries, I am being selfish:** Appropriate boundaries increase our ability to care about others.
2. **Boundaries are a sign of disobedience:** People who have shaky limits are often compliant on the outside but rebellious and resentful on the inside.
3. **If I begin setting boundaries, I will be hurt by others:** **We can't manipulate people into swallowing our boundaries by sugarcoating them.** Those people in our lives who can respect our boundaries will love our wills, our opinions, our separateness. Those who can't respect our boundaries are telling us that they don't love our no. They only love our yes, our compliance.
4. **If I set boundaries, I will hurt others:** We sometimes see boundaries as an offensive weapon. Actually, boundaries are a defensive tool. Appropriate boundaries don't control, attack, or hurt anyone. **They simply prevent your treasures from being taken at the wrong time.**
5. **Boundaries mean that I am angry:** Like fear, anger can signal danger. However, rather than urging us to withdraw, anger is a sign that we need to move forward to confront the threat. **Anger can tell us that our boundaries have been violated.**
6. **When others set boundaries, it injures me:** First, having inappropriate boundaries set on us can injure us, **especially in childhood.** Second, **we project our own injuries onto others.** Third, an inability to receive someone's boundary may mean there is an **overdependent relationship.**
7. **Boundaries cause feelings of guilt:** We need to distinguish between those who "give to get" and those who truly give selflessly. It's generally easy to tell the difference. If the giver is hurt or angered by a sincere thanks, the gift was probably a loan. If gratitude is enough, you probably received a legitimate gift with **no feelings of guilt attached.** The idea is that because we have received something, we owe something, which is not always true.
8. **Boundaries are permanent, and I am afraid of burning my bridges:** It's important to understand that your no is always subject to you. You own your boundaries. **They don't own you.**

"It is necessary, and even vital, to set standards for your life and the people you allow in it."

- Mandy Hale

Peace,  
Maggie

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