

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

I hope you had a wonderful weekend! We have been talking about boundaries with other people, including friends, family, and co-workers. Today, let's look at our own responsibility to control ourselves. Boundaries and Yourself.

We will look at our own internal boundary conflicts. As all of us can attest, we all struggle in one area or another with self-control and maintaining good boundaries with ourselves.

1. **Food**
Both chronic and bingeing overeaters suffer from an internal self-boundary problem. For overeaters, food serves as a false boundary.
2. **Money**
People can struggle with impulse spending, careless budgeting, living beyond means, repeatedly bailing out others who make irresponsible financial choices. The problem of our financial outgo exceeding our input is as self-boundary issue.
3. **Time**
Many people feel that their use of time is out of control. The problem often comes from people having unrealistic, grandiose expectations of what they can accomplish in each amount of time. Also, over responsibility for the feelings for others can be a time boundary issue.

There are reasons why we struggle with self-boundaries.

- We are our own worst enemy. An external problem is easier to deal with than an internal one. When we switch out focus from setting limits on other people to setting limits on ourselves, we make a major shift in responsibility.
- We withdraw from relationship when we most need it. Our instincts have been to withdraw from relationships when we are in trouble, when we most need other people. Due to our lack of security, our loss of grace, our shame, and our pride, we turn inward rather than outward when we are in trouble.

Establishing Boundaries with Yourself

- What are the symptoms?
- What are the roots?
- Lack of training: Some people never learned to accept limits, to pay the consequences of their actions, or to delay gratification when they were growing up.
- Fear of relationships: People really want to be loved, but their out-of-control behavior keeps others away. Some people use their words to keep others at bay.
- Covering emotional hurt: People who are injured emotionally, who were neglected or abused as children, disguise their pain by negative coping skills.
- Address your real need.
- Allow yourself to fail.
- Listen to empathetic feedback from others.

Welcome consequences as your teacher.

- Surround yourself with people who are loving and supportive.

“Love yourself enough to set boundaries. Your time and energy are precious, and you get to decide how you use them. You teach people how to treat you by deciding what you will and won’t accept.”

- Anna Taylor

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

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www.uaccb.edu