

Why do I have to keep boundaries?

validium.com

Boundaries are necessary if we are to have healthy personal or work based relationships and keeping those boundaries, whether our own or other people's, is an important form of the respect we show to others, as well as the respect we have for ourselves. However, setting and keeping boundaries can be challenging, especially if we do not understand our limits in terms of what we feel is reasonable or perhaps lack the confidence to say 'No'...



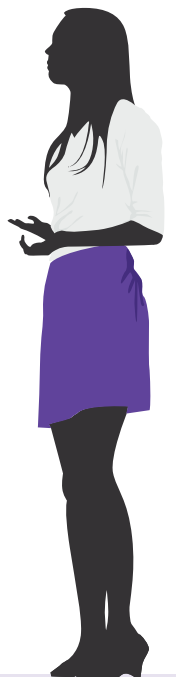
On a personal level, think about how your actions and words can impact others and how you feel about accepting situations or decisions made by others. Be aware of when you might feel uncomfortable or resentful.

If you feel taken advantage of or not appreciated it is important that you feel able to voice your concerns. You may feel that you are being imposed on or you may be feeling guilty because you are not fulfilling someone else's expectations of you or their values.

Be mindful of your audience and communicate in ways which are appropriate. You might want to speak differently when telling your parent that you can't visit twice a week to the way you tell your manager that you have already worked late this month and that it is someone else's turn to stay late and lock up the office.

Keeping boundaries means being true to yourself, but feeling guilty, and/or receiving a negative response from another, can make this difficult.

However, if you can stay strong while being respectful to the other person, this is also a sign of self-respect.



Give yourself permission to have boundaries and put yourself first; be true to yourself by being respectfully assertive and learn to say 'no' or negotiate on the things that you don't want to do or seem unfair. This will give you more energy, greater self-confidence and allow you to become more positive.



0800 3 58 48 58

Outside UK: +44 141 271 7179

For online support join vClub at validium.com

Username: **NetworkRail**

Password: **onlinesupport**



**Confidential
Service**

 **validium**
INCREASING WORKFORCE VALUE