Boundaries Part 2 - Moment of Reflection

-Cera Meintzer for Masterpiece Living

Directions:

Take 10-20 minutes to read the quote below and reflect with curiosity on the questions that follow. You may journal your responses, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

“Daring to set boundaries is about having the courage to love

yourself even when you risk disappointing others.”

-Brene Brown

We often do not keep good boundaries with ourselves. We eat one more cookie when we know it will not make us feel good. We say yes to a late-night movie when we anticipate regretting missing our routine bedtime. We agree to something when someone asks, then feel frustrated because we really had no interest in committing.

1. What boundary have you been stretching or not keeping with yourself?

2. What do you experience internally and externally when you stretch or break the boundary?

3. What do you fear will happen if you **could** keep a firm boundary with yourself?

4. Is this a boundary you want to continue to keep and if so, what needs to change in your life or your mind to make it successful?