

DietvsDisease Clients Only Module 7: Mindset Is The Key

Lesson 7: Boundaries Transcript

0:00 Hey, thanks for joining me today. As we talk about boundaries and how being good at setting boundaries can be a big component of taking care of yourself.

0:09 I'm Julie Gold. I'm one of the mindset coaches here at Diet versus Disease, and I'm really happy that you decided to join me today.

0:17 So, boundaries. How do we define boundaries? In my mind, boundaries have two essential components. The first is they are key to protecting our resources.

0:27 Each of us have a finite number of resources, whether it's time, energy, money, and boundaries. Help us protect and preserve those so that our needs can get met.

0:40 The other component about boundaries is that they are key to establishing what is and is not acceptable in the way we are treated.

0:49 And that goes for how other people treat us and how we treat ourselves. So, what gets in the way of setting good boundaries?

0:58 Well, what gets in the way is, is the stories that we tell ourselves. A lot of times I hear, well, I can't say no because everyone is so busy.

1:08 I can just do this one extra thing if I don't take this thing on my boss. Or co-workers will think I'm a slacker.

1:15 I don't want to listen to my mother rant about whatever topic, but she's so lonely and lives on her own. I'll upset or burden someone if I say no.

1:27 Who am I to want X, Y, or Z? So, since we know boundaries are good for us, how do we identify the need for a boundary?

1:41 And the truth is, most of us are not taught how to set boundaries ever in our lifetime. And so oftentimes it feels really strange to start introducing boundaries as adults.

1:53 And here are some key things that I, I have identified as great indicators that a boundary needs to be set.

2:03 Feelings of resentment. If you feel resentful when someone asks you to do something or not do something, that's probably a good time to set a boundary.

2:15 Feelings of obligation, right? I have to do this thing because obligation is often a good sign of a need for a boundary.

2:26 This one is so key and we often do not listen to it. It's is your gut response. And, and I know for myself, there are times someone will be asking me something and, in my head, I will be screaming, "no, no, no, no, no, Julie, do not say yes".

2:39 And I ignore that internal voice. And I'll be like, "yeah, sure, no problem". And then later, I am resentful. So, if your internal voice is saying, no, no, no, no, no, don't say yes, please listen to it.

2:52 Feeling underappreciated or used. You know, if, if you are constantly doing things for folks and it feels like it's never appreciated or that they're using you time for boundary.

3:04 And then this last one is particularly important, feeling uncomfortable or unsafe. Women particularly often sacrifice our personal autonomy to please others or to prevent an awkward situation.

3:19 And it's really important that we set a boundary when we feel uncomfortable or unsafe. So how do we set boundaries?

3:31 You're in the position where you realize a boundary needs to be set. So how do you do that? The first thing is to know and accept that boundaries are very important and super healthy.

3:42 They lead to better relationships, and they help with our mental health. When you're thinking about your boundaries, speaking from your perspective and citing your values.

3:55 So if someone comes to me and says, "Hey, Julie, can you make five dozen cookies tonight for the p t o bake sale tomorrow?"

4:03 I can simply say, "you know what? It's really important that I spend time with my girls doing homework at night, and so I won't be able to address this late request for five dozen cookies."

4:18 "I hope you find someone who can help you." Right? It's citing my value of wanting to spend time with my children is more important than meeting their need.

4:28 And then a big part is when you're thinking about setting a boundary, deciding what is and is non-acceptable for that boundary.

4:35 Sometimes boundaries are kind of contextual or we set a boundary really firmly with one person, but we have a different boundary with other people, and that's okay.

4:45 It's your boundary. You get to set it. So, a big thing with boundaries is how do we communicate them? And people can only respect our boundaries if we, if they know about them.

4:59 So we have to communicate them. A big piece of this is picking the right time and place, right? Don't try and set a boundary with somebody as they're racing out the door and late for work or at a family wedding, right?

5:13 Pick a time when they can concentrate and focus on you and, and be receptive to the information. Speak from your perspective.

5:22 Share why it's important, right? This goes back to the, the notion of identifying your values and how setting this boundary is honouring one of your values.

5:32 And this is a big one. Keep it short. You do not have to defend your boundary. This is your boundary.

5:38 You are setting it. And the truth is people will push back, but you get to be firm in how you've set your boundary and don't explain it, don't defend it, set it and move on.

5:54 So you've identified a need for a boundary, you've determined what it should be, and you've communicated. So, what happens? Now, the first thing is, is you will likely need to revisit newly established boundaries with people, right?

6:09 You can set a firm boundary and people will push back or they will misunderstand or they will forget. So be prepared.

6:16 It is not a one and done deal. You will likely need to revisit it. Generally, people do not like it when we set boundaries, they might be critical of this change in your availability.

6:28 So be prepared for some pushback. And, you know, pushback is not a reflection of any inappropriate behaviour on your part in setting the boundary.

6:40 It's that the other person is, you know, not happy that, that you've put this boundary in place, and that's on them, not on you.

6:50 A big one is checking your feelings on guilt or, or not wanting to be a burden, right? Often when we have communicated a boundary and we get some pushback, then those, those guilt buttons get pushed.

7:04 And knowing that being firm in your boundary is good for you is really important. So be gentle with yourself and, and check in on those feelings.

7:13 And then the, the best part is boundaries are super scary at first, and they can be hard to start setting.

7:21 But guess what? Once you start doing it, they feel amazing and you're going to want to set more and more boundaries. So, some examples of common boundaries saying no to food pushers or symptom deniers, right?

7:36 We have, we all have these people in our lives who either try to push food that isn't good for us or isn't on our diet plan.

7:43 Or people who don't believe our symptoms or, or downplay our symptoms. Establishing a need for rest stops on a road trip, requesting to sit near the restroom in a restaurant, asking for a dietary accommodation, bringing your own food to a picnic or a party, saying no to requests for your time, energy, or money.

8:07 Choosing to limit the time you spend with people who drain your energy or happiness, respecting your body autonomy. If you don't want to hug somebody, don't hug the person.

8:17 It's your body. You get to decide. So now it's your turn, your turn to take some action. So boundaries are an essential skill in helping us to protect our resources and to establish what is and is not acceptable and how we are treated.

8:33 So where in your life do you need to set some boundaries? We have a worksheet below this video. And feel free to download it and use it as you start to think through your boundaries, and I look forward to hearing how it goes.

8:47 Thanks so much for joining me today.