

Boundaries

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BOUNDARY DEFINITION:

The border of an area, the limit, an
edge, margin, perimeter or frontier

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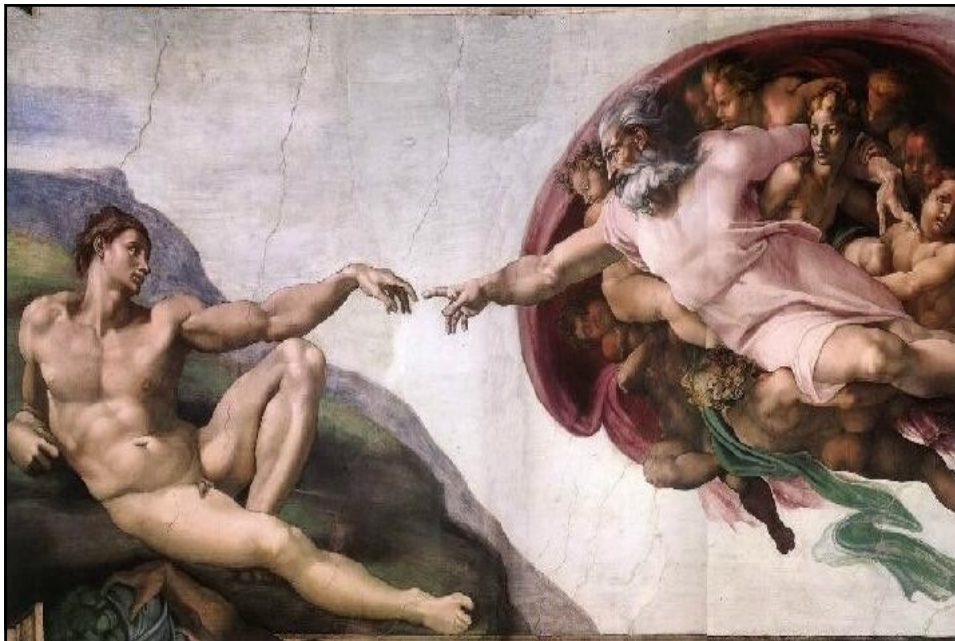
Loch Katrine, Stirlingshire Scotland



Loch Awe Scotland



Great Wall of China



“Where I begin and You end”

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Boundaries

- Personal boundaries may be described as physical, emotional, spiritual, relational and sexual
- Acceptable boundary limit: personal, appropriate and safe
- Cultural Differences
- Social norms – parenting, peers etc.

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What is an emotional boundary?

- Feelings and reactions that are distinctly ours
- Concerns our individual perceptions, experiences, values and cultural influences. Gender differences.
- Guarded or an “open book?”

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What is a spiritual or religious boundary?

- Own spiritual or religious beliefs or none
- Other's influence or indoctrination

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What is a relational boundary?

- Our relationships with others – husband, wife, partner, boss, friend, colleague etc
- “Depth” of relationship

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How do we establish our sexual boundaries?

- Safe and appropriate – attitudes and behaviours
- Choice
- Levels of intimacy
- Explicit Consent – abusive behaviours

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Why are clear boundaries important?

- Brings order into our life
 - Clearer sense of ourselves – what's acceptable, what's not!
 - Empowers and protects us (usually)
 - Minimises misunderstandings
- Source: "Boundaries – where you end and I begin" Anne Katherine MA

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