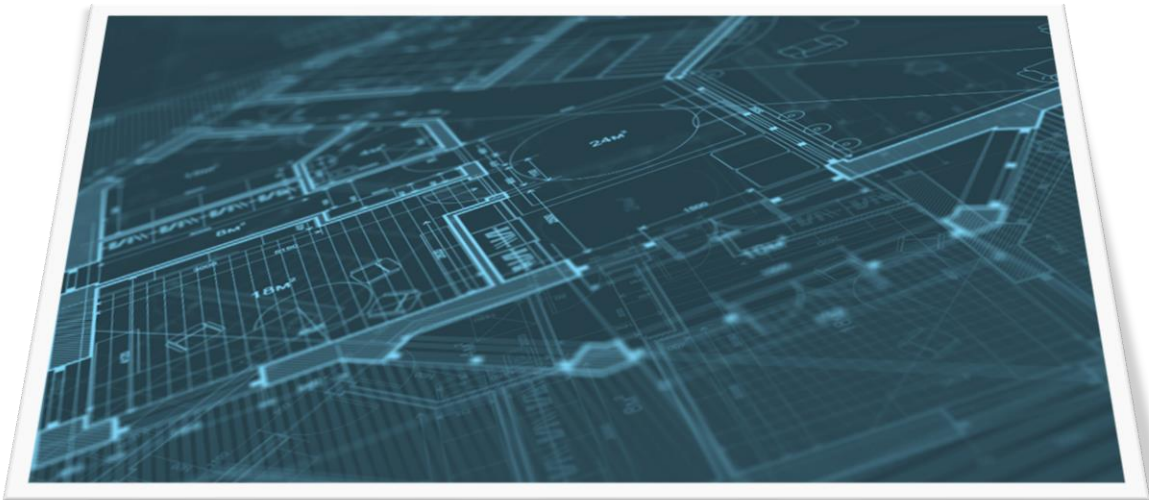


The Boundaries Blueprint

Define your boundaries clearly so that you can connect with others authentically.



Discover ...

- *How to stand firm in your needs and desires. Use the 3N framework technique to define your boundaries.*
- *How to share your personal and professional boundaries with others in a way that is clear, direct and kind.*

Bonus: Boundaries Quiz

What are boundaries?

In the strictest sense of the term, a boundary is a clear line of separation drawn between something that is acceptable and something that is unacceptable. But when using them in relationships, boundaries can also be considered to be identifying characteristics and attributes to a person. Boundaries are statements of how you feel and actions you'll take in specific situations. They are important to finding out where you end and where the other person begins.

The information in this ebook will help you overcome the two most common problems when it comes to boundaries:

1. Identifying the boundary so that there is no mistake in either party's expectations.
2. Speaking clearly, compassionately and confidently so that the person setting the boundary feels heard while the person listening does not feel threatened or attacked

Let's start with examining your current boundaries.

Important

Boundaries are not expectations placed upon others. Those are rules. Boundaries are statements of how you feel and actions you'll take in specific situations.

Boundaries Quiz

Let's check your boundaries!

In this quiz, you will be presented with ten questions, and for each question, you will need to choose a number from 1 to 5 that best represents your answer.

The number 1 will indicate that you strongly disagree with the statement, while the number 5 will indicate that you strongly agree with the statement.

Choose the number that most closely matches your opinion or belief. Give yourself the corresponding number of points and keep track of your total points.

At the end of the quiz, we will tally up your scores. The highest total number of points after completing the quiz is 50 while the lowest number is 10.

Check the chart after the quiz to discover the type of boundaries that you have.



Check your boundaries.

Choose a number from 1 to 5 that best represents your answer. Tally the corresponding number of points per answer.

(1) Strongly Disagree (2) Disagree (3) Not sure (4) Agree (5) Strongly Agree

1. You're overly concerned about what the other person is doing, thinking, and feeling—and you want to fix or rescue them from their problems. You worry that if you don't take care of them, something bad will happen. **Points** ___
2. Your relationship is consistently one-sided; one person is hardworking and responsible and the other is allowed to be irresponsible or avoid the consequences of their actions. You may enable and make excuses for the other person's poor choices. **Points** ___
3. You sacrifice yourself to make the other person happy. This can include your health, time, energy, money, values, goals, or friendships. Your life revolves around the other person—making them happy, taking care of them, doing what they want to do. **Points** ___
4. You act like a martyr, taking care of everyone and everything, but resentful that no one helps or seems to care for you. **Points** ___
5. You're afraid of being rejected, criticized, or abandoned. **Points** ___

Check your boundaries.

Choose a number from 1 to 5 that best represents your answer. Tally the corresponding number of points per answer.

(1) Strongly Disagree (2) Disagree (3) Not sure (4) Agree (5) Strongly Agree

6. Your need to fix or rescue becomes controlling. You attempt to control the other person's behavior through criticism, ultimatums, nagging, or giving unsolicited advice.

Points __

7. You "walk on eggshells" around the other person, afraid of doing or saying something that will displease or anger them. As a result, you may not express your opinions, share your feelings, or ask for what you want. And, to avoid conflict, you may say yes to things that you don't want to do or that don't align with your values or goals.

Points __

8. You continue the relationship even after the other person has repeatedly hurt you (physically, emotionally, financially, etc.).

Points __

9. You spend more time taking care of others than taking care of yourself. And when you do something for yourself, like rest, enjoy a hobby, or practice self-care, you feel guilty or selfish.

Points __

10. You often feel resentful, frustrated, taken advantage of, or unfulfilled. **Points** __

Total _____

Review your results.

How are your boundaries?

10 - 15 Points

Strong Boundaries: You have strong boundaries. You know your limits and you are not afraid to say no.

16 - 24 Points

Flexible Boundaries: You have flexible boundaries. You are willing to compromise, but you also know when to stand your ground.

25 - 34 Points

Undefined Boundaries: You have undefined boundaries. You may feel unsure about where you stand and have difficulty asserting yourself.

35 - 44 Points

Porous Boundaries: You have porous boundaries. You tend to let others dictate your choices and have a hard time saying no.

45 - 50 Points

No Boundaries: You have no boundaries. You struggle with setting limits and often feel taken advantage of.

Review your results.

What does it mean?

Most of us will find ourselves in with undefined or porous boundaries. If you've found yourself there, you're in the right place to strengthen them.

Kudos to you if you've discovered that you have very strong or flexible boundaries. While you may have little difficulty in setting clear boundaries, using the 3N framework can also ensure that they are not just clear but also kind.

If you've scored high enough to learn that you have no boundaries, that's very worrisome! It's cause for you to take immediate action in securing your boundaries and sense of self. Please read on!

Important

There are a lot of things in this world that we are NOT but there are very few things that we are! When you speak your boundaries, you help people understand who you are.

You help them decide whether you're a good match for them which in turn helps you in the same way. You set their expectations so neither spends time searching for something the other person can't provide.

Discovering your boundaries.

But what if we don't know what we like?



If you're unsure of what you need and don't know what you desire never to have, then you're like most of us.

Most of the time we accidentally set boundaries with others.

You likely have had several experiences that brushed against your boundaries but have not thought to categorize them and/or lack the ability to articulate them.

When we create boundaries, we have experiences that invoke a strong emotion. We then retain the feeling about that experience and then unconsciously categorize it as if it's something we need, can negotiate having again or never ever want to have again.

Improve your boundaries.

3N Framework – Needs, Negotiables & Nevers.

3N Framework is a simple technique to define your personal boundaries. With the 3N framework, you will be able to identify your boundaries and share them with others in a way that is clear, direct and kind.

The 3N framework will help you identify past boundaries that you may not be aware of but also provide skills to set new boundaries with ease and comfort.



Improve your boundaries.

3N Framework – Needs, Negotiables & Nevers.

First, create a list of actions and behaviors that you have experienced that have had a noticeable effect on you.

Then use the 3N framework to categorize them. You either need these experiences, never ever want them to happen again or can negotiate their existence in your relationships and friendships.

3N Framework

NEEDS - These are actions and behaviors that you find desirable and are absolutely looking for. If you do NOT see those actions and behaviors, you will disconnect.

NEGOTIABLES - These are actions and behaviors that you aren't thrilled about but will tolerate or accept.

NEVERS - These are actions and behaviors that you find undesirable, and if you DO see those actions and behaviors, you will disconnect.

Refining past boundaries.

Reflect on your experiences.

Here is how we reflect on our past to refine and categorize using the 3N framework.

For now, let's only examine the Needs and Nevers---all others are negotiable.

Recall some events in your past relationships and friendships.

NEEDS

1. Identify a situation that caused a strong desirable emotion to appear. Like Joy, Happiness, Ecstasy, Acceptance, Trust
2. Gather the details of what's notable and unique about the event.
3. Describe specific behaviors and actions.
4. Reflect on this NEED. Is it something you MUST have? What makes this behavior or experience desirable?

NEVERS

1. Identify a situation that caused a strong undesirable emotion to appear. Like Anger, Disgust, Sadness
2. Gather the details of what's notable and unique about the event.
3. Describe specific behaviors and actions.
4. Reflect on this NEVER. What makes this behavior or experience undesirable?

Discovering new boundaries.

Be intentional.

We can be intentional about the experience of creating boundaries by being mindful of our emotions. Instead of boundaries being an accidental discovery that we refine years after they've first been discovered, we can experiment by intentionally placing ourselves in new situations and logging the associated emotions.

Steps for conducting your experiment...

- 1. Keep an open mind. The best way to go about setting personal boundaries is to lower your expectations and focus on the emotional impact of the event.*
- 2. Gather the details of the event. Be clear about the details of the event and the emotional trigger.*
- 3. Explore how you feel about the event. Conclude with a reflection on our reactions and emotions.*
- 4. Reflect. Is this an experience that you need or never want again?*



Communicate your boundaries.

It's often a struggle to communicate our boundaries because most of the time we either don't know what they are or we believe that sharing strong boundaries are the same as imposing impolite demands upon others.

That's very far from true. When you've discovered one of your boundaries, it is your responsibility to share it. It benefits you both when you teach others how to treat you. Setting clear boundaries will allow you to share clear expectations and set the standard for behavior for how you will interact with each other.

It'll be difficult to proceed if you haven't defined at least one boundary (Need or Never). You must know what the boundary is before you're able to communicate it. The next portion *The Boundaries Blueprint* will be most beneficial if you identify either a *Need* or *Never* before continuing forward.

Important

Some people will still express disapproval when you set some boundaries. Just know that you can only communicate with clarity and kindness. Your boundaries are a reflection of your values, it would not benefit you to change for others.

Define the boundary.

A three-step process.

STEP 1: Gain clarity.

Above all, clarity is the most important.

Most of us make the mistake of setting boundaries as a general idea of what we would like.

- "I wanted to be treated with respect."
- "I want to be treated with kindness."
- "I want to be loved."

Expressing how you want to be treated is not a vague statement. The same word has different actions associated with it for different people. For example, your idea of being respected may carry a different set of actions and behaviors than it does for you friend or coworker. To help others understand how they can treat you the way you want, do the work to determine the actions and behaviors you'd like to see, then request them with kindness.

Try this: Ask yourself what can someone do to show you respect, kindness, love or other desired emotion?

Important

When setting boundaries, it is helpful to use words that will give the listener specific direction on how to behave in specific situations.

Define the boundary.

A three step process continued...

STEP 2: Describe the desired actions using this formula:

[Person] can show me [desirable feeling] by doing [action] in [describe the situation].

Here are some example of the formula in use.

[My friends] can show me [respect] by [not questioning or badgering me] [when I say "no".]

[My wife] can show me [kindness] by [complimenting me] after [I completed a project.]

[My parents] can show me [love] by [listening to my feelings without judgment] in [times of crisis].

Boundaries are difficult to set but it will benefit you greatly to be able to do it in a way that's clean, clear and concise.

STEP 3: Define your boundary from your point of view.

Rearrange statements from step 2 into an "I feel" statement.

When [person] [does action] in [describe the situation], I feel [insert feeling] and I will do [insert action].

Example speaking to parents: When [you] [listen to my feelings without judgement] in [times of crisis], I feel [loved] and I will [call more often].

Practice.

Get ready.

Now that we've covered the two most common problems with setting boundaries,

1. Identifying the boundary
2. Speaking clearly, compassionately and confidently

Use the 3N framework to practice defining those boundaries! I recommend that you reflect on your experiences once a month and write them down. If you need help with that, I have another free ebook called [Meaningful Connections](#) with contains 50 Journal Prompts that will get you started.



Action Steps.

Step 1

Learn about your boundaries. Write about single emotionally charged experiences in as much detail as you can. Include the feeling associated. Categorize the experiences according to the 3N framework.

Step 2

Define your boundaries. Use the formula to format your boundary into an easily digestible expression that is kind, compassionate and clear.

Step 3

Be mindful of your boundaries. While talking to others, they are going to react and respond to what you share. Based on their reaction, you are then empowered to decide whether you want to be connected to them or not.

Be Empowered

Take responsibility.

Boundaries are flexible.

Remember that the best boundaries are flexible. I encourage you to reevaluate and adjust them at any time. Keep learning, keep exploring and keep growing.

Not all boundaries are negotiable.

It may be tempting to shrug off your strong feelings and tell yourself that whatever you reacted to is negotiable. Don't say that it's not a big deal. It is because you felt something. Acknowledge the boundary, clarify it and share the impact and expectation for others.

People want to know your boundaries.

Despite what you may have experienced or believed in the past, people like knowing what to expect. Humans are very comfortable with patterns and predictability. Use this ebook to share boundaries that are direct, clear and kind so that they know what to expect from.

I'm here for you.

Get more support making meaningful connections.

Are you ready to have someone take the guess work out of what and how to authentically connect with others? Would you like for someone to provide you with a clear structured path to making lasting friendships and building community?

That's exactly what I do with *Patterns of Possibility*.

Instead of spending hours online battling one-sided conversations, being ghosted and navigating toxic relationships that hurt your confidence, work with me. You'll be reassured and guided towards the connections you deserve. You'll never be left wondering what your next step is. Break the pattern and find a new life of possibility with strong social circles.



Contact me with your questions at patternsofpossibility@gmail.com or schedule a 30 minute Friendly Conversation at <https://www.patternsofpossibility.com/friendlyconversation>