



# EXTRAORDINARY ANCHORING WORKSHOP MONTH #7

## Boundaries: In Dating & Committed Relationships

No matter what relationship course or book or program you choose to pick up, there has to be a discussion on boundaries. That is how important they are in helping us maintain healthy relationships with others and ensuring that we feel safe and happy.

Today's anchoring workshop is intended to increase your awareness around your own boundaries and helping you to have a good energetic relationship with them, whether you are single, dating, in a relationship or been married for years. I will be supporting them with plenty of examples to help you grasp this concept strongly.

### 1. What Are Boundaries?

A boundary is a **limit** you can set on **what you will accept or not accept** of another person's words, behaviours and actions.

Metaphorically: You can imagine it as a healthy fence around you that shows you where you end and where the other person starts, and what rules must be respected in order for a healthy relationship to exist.

Some boundaries are those rules that are socially understood, for example:

- No man is allowed to grab your boob in public. That is a socially understood boundary, one that you do not need to communicate. (Hopefully :D )

- Your partner is not allowed to hit you, verbally or physically abuse you. Again a socially acceptable norm or boundary in society, one that you shouldn't ever be in a position where you have to communicate it. In toxic relationships though, women do find themselves in a position where they have to actively communicate these boundaries - but this is of course unhealthy.
- Another example of a socially understood boundary is that you don't humiliate or publicly criticize your partner and don't accept that treatment back from him. Again, shouldn't have to be communicated, but sometimes you have to, based on the awareness of the person in front of you.

There are also **personal boundaries**, that can be extremely personal rules of yours, based on what works for you and what doesn't.

You and ONLY you get to define these rules, based on what feels good and doesn't feel good to you.

### Examples of personal boundaries include:

#### In Dating:

*"I don't wait for a man who is late more than 10 minutes."*

*"I don't entertain any calls from men between 10 pm and 10 am my time."*

*"I don't let any man enter my home before 3 dates."*

*"I don't answer 'good morning' and 'good night' kind of texts until date 3 at least."*

*"I don't do sex-texting or sex chats with men I am dating."*

*"I don't accept any man in my life, who isn't giving me consistent communication and dates."*

#### Examples of boundaries in relationships include:

*"We don't have friends of the opposite sex individually. If we have such friends, they are friends of both of us."*

*"I don't keep secrets and I don't want my man to keep secrets from me."*

*"Lack of physical affection and sex is a no-go for me. I don't accept a romantic relationship where this is missing."*

*"I don't like to be screamed at."*

*"I don't like to have joint money accounts, but desire separate accounts."*

What's important to understand here is that nothing is right or wrong when it comes to setting personal boundaries. It is what feels good to you and what doesn't feel good to you.

If you look closely, you can use your head to make mental arguments against or for any of the above examples I've given you.

The bottom line is that it's personal and you get to choose and decide what works and doesn't work for you.

## **Examples of different categories of personal boundaries:**

### **A. Value-Based Boundaries**

Honesty, no secrecy, full transparency, respect, loyalty, kindness. Honesty is paramount.

No lying – when a man lies about his age, appearance, job on a dating website.

Loyalty.

No flirting with another woman while on a date with you.

If in a relationship, no flirting behind your back with another woman.

No cheating. None of that allowed.

Transparency

No secrets, at least none that matter.

Dating – no hiding for 6 dates that he has children - or that you do!

In a relationship – Any financial decisions you aren't aware of (if it's your boundary that you want to know and be involved in these decisions),

### **B. Behavioural Boundaries**

How someone else is and is not allowed to behave with you, treat you, speak with you.

No speaking in loud voice to me, at all, ever.

No hitting, of course, that is abuse.

No swearing, that is verbal abuse.

No criticism of me in public – big one. Many women who've been criticized during their childhood accept criticism from men as normal.

Examples: when the man says, *"I don't like your hair extensions"*, or *"I don't like your dress"*, or *"You walk too slow"*, or *"How come you eat only vegan?"* and we somehow feel bad for being who we are, even though we have 100% right for being who we are.

No controlling my personal choices of dress, hair or any kind of make up or appearance. All too personal to be commented upon by another. Also, no controlling my social life, my friends.

## **Man Truth #8: He loves to see you glow with happiness.**

When you light up like a bulb, he feels rewarded.

When you can't stop laughing and smiling because you find it so amusing, he is totally enamoured by you in that moment.

When he does something for you and you show the biggest, most appreciative smile, that's all the confirmation he needs to do those nice things again.

### **So what does this mean for you?**

This means that your biggest gift to a man is your happiness, and it's also his biggest reward and accomplishment.

It also means that, instead of focusing on how to make him happy, you have to focus on how to make yourself happiest in his presence.

Example: When hubby is tired, instead of asking myself what I can do for him to make him happy, I remind myself to bring my happiness to the table for him.

## **C. Convenience Boundaries**

This and that time doesn't work for me.

Dating – *"I don't like to drive so far, I don't like to meet for dates on a Friday. I don't like to visit homes on a first date."*

Relationships – *“I don’t like to do the dishes and house work alone. I don’t like to do the cleaning alone.”*

*“I don’t want to go all the way, I feel tired.”*

#### **D. Physical boundaries**

Who can touch me, how someone touches me, makes love to me, what is allowed and what isn’t allowed.

In dating – Am I okay with him touching? How much? At what point does it feel like a violation?

In relationships / marriage – What sex is okay and what not? I want to say yes to stuff that feels good to me, and not under the pressure of what my man wants.

#### **E. Material Boundaries**

What I lend and don’t lend, do I lend money, do I want to share my bank account with my partner, etc.

*“I don’t like to lend money to the men I’m dating... It’s a boundary I have...”*

*“I don’t like to mix bank accounts at the stage of living together...”*

*“I don’t like to lend my jewellery to my friends to wear...”*

*“I don’t like to lend my books...”*

#### **Boundaries go both ways!**

You need to be able to say “no”.

And, you need to learn how to accept “no” from other people – they need to protect their boundaries, too!

By setting a good example, you are providing a template by which others can set appropriate behaviour.

## 2. Why Are Boundaries Important?

There's a myth out there: *"Boundaries are BAD because they keep people apart!"*

Fact: Healthy boundaries are for keeping bad elements (such as cruelty, abuse, harassment, and manipulation) out of your life and relationships.

Boundaries keep people together in a healthy way!

So as part of Wunder Work, we want to think of boundaries not as these evil, hard to set, horrible, scary things, but as an extremely loving, caring concept that actually protects our happiness AND the happiness of our loved ones.

Healthy boundaries right from the start lead to healthy relationships and respect within a relationship, they help people communicate more effectively and work together, making people less likely to fight or want to leave the relationship.

*"Good fences make good neighbors"* - and it's true for all types of relationships.

## 3. The Outcomes From Not Having & Following Boundaries

Everything in your life has to proceed from your sense of well-being. This is why understanding and implementing our boundaries is so critical.

**If you're not feeling good in a given situation, you're not going to be able to create any good outcomes out of being in that situation.**

We think we can stay and tolerate things that don't make us happy, but ultimately the truth comes out. Here are some unhealthy situations you can end up in if you don't practice your boundaries:

1. You will often find yourself over-giving to a man and doing things against your wishes and feel taken for granted by the men you're dating or your man. Happens to so many women because they're afraid to draw boundaries.
2. When you don't have boundaries and go along with whatever he wants, overtime he will lose respect and see you open and available for manipulation. Not only is that bad for you but it is also bad for the overall attraction in your relationship.
3. You will often find yourself in a situation where you are feeling resentful.

4. You will find yourself in situations where you are tired and exhausted, where you feel uncared for, feel pushed around and feel like you have no personal power to determine the course of your own life.
5. Lastly, you're also much more prone to having emotional outbursts when your boundaries don't exist or are constantly violated.

This is why speaking your truth and communicating your boundaries is so essential to the life of a good relationship or a budding one.

**Notice how part of the safety instructions on a flight include putting on your own oxygen mask first, before helping others.**

This is a fundamental advice for life, and unfortunately we women have to be reminded of this, because we are all so trained and conditioned to be "good people" that first think of others, before we think of ourselves.

But that actually is a recipe for disaster – because you cannot give from an empty cup. You cannot bring peace, happiness, joy into the world and to your dates, partners and husbands if you're empty, with unfulfilled needs and violated boundaries.

Plus not taking care of you can also lead to resentment – so taking care of yourself is not only good for you, it's good for your relationships.

#### **4. How To Shift Your Energetic Relationship With Boundaries**

Most people out there understand intellectually that they should have boundaries, but are still somehow afraid of implementing them.

**When it comes to setting boundaries, our first reaction is one of fear and loss, and not power and confidence.**

Do you find that, every time it's time to implement a boundary with someone, your heart sinks and starts to beat fast. You find yourself debating whether you should say it or not, and you find yourself closing off and getting afraid.

If this is resonating, then what is needed is a complete shift in the energetic relationship we have with our boundaries.

What do I mean by energetic shift? I mean that, every time you see it's time to implement your boundaries, you actually feel excited, confident and sure of it.

You understand that boundaries ARE ESSENTIAL to having and creating a healthy relationship, and that you should be totally owning your boundaries in order to create that healthy dynamic with the man you're with or dating.



So let's explore what may be some of the reasons or beliefs that keep you stuck in a fearful energetic relationship with your boundaries.

## 1. A sense of loss

Maybe you've had experiences where, when you implemented your boundaries, you were abandoned.

For instance: You told a man that you don't like to have sex so quickly and you're feeling pushed, and instead of respecting that, he told you that you were stuck up and ghosted on you. So your sub-conscious mind has concluded that, when you draw boundaries, you lose men and you get hurt.

Or if in a relationship: Maybe you told your man that you don't want to be with someone who drinks so much. Instead of hearing you out and respecting your views, he decides to put the blame back on you and tell you that you're controlling and not relaxed. Maybe he even breaks up with you. So you conclude that boundaries make you lose.

**FLIP it around:**

*"The only people I lose when I draw my boundaries are those that are not meant to be in my life anyway. The right man and partner for me will respect my boundaries."*

*"I am more afraid of losing myself than I am afraid of losing anybody else."*

## 2) Fear of displeasing the man in front of you / your partner and not being "liked."

We women are the champions of taking everybody's feelings and needs into consideration but our own.

If you've imposed a boundary and you've ever been rejected for it, mocked for it, made to feel like a selfish or bad person for it, your sub-conscious energetic relationship with boundaries is heavy and negative. You're naturally scared of imposing boundaries.

Example: Your man telling you that you are selfish and only think about yourself when you tell him that you need that marriage commitment now and you're getting older and want to have babies.

So what do we do? We play the nice girl. Ignore and neglect our fundamental needs and be okay with his timeline, even though we are 40.



Or – Your man hasn't spent a single date and quality time with you over the last 2 weeks but you're so afraid of his anger and the fight that you say it once and when nothing changes, you carry on as if it doesn't matter, even though it does matter to you.

Basically, we women can compromise ourselves and will do anything to escape feeling selfish and like a bad person.

What you have to do instead:

You have to feel the fear and do it anyway. Impose your boundary in spite of the fear of losing him and in spite of the fear of not being liked.

**FLIP:**

You have to give up on the fear of not being liked by everyone. Set up an affirmation for yourself:

*"I am not everyone's cup of tea, and that is okay."*

*"I accept that I won't be liked for this, but that is okay too. I need to honour myself in this situation."*

### **3. Imposing boundaries is uncomfortable, but enhances attraction.**

In order to shift energetic relationship with boundaries, especially in our romantic relationships, we need to remind ourselves that our boundaries make us attractive to the right men, even if they feel uncomfortable to implement.

It makes them respect us, value us. So even though we're afraid, it builds attraction within a man when we draw boundaries.

In other words, we have to be willing to go through the discomfort of imposing boundaries if we're looking to honour ourselves in a given situation.

### **4. Empaths: Boundaries often make us feel like a bad person / selfish person and fill us with guilt.**

As you can see, these are all closely connected points. When we impose a boundary or standard around how we want to be treated, we often get feelings of:

- Being high-maintenance;
- Being a drama queen;
- We feel full of guilt for treating the other person "this way";
- We feel guilty and like a selfish person.

This can often happen because we women are empaths and we feel deeply the feelings of others.

While this is a huge gift, to feel deeply, it can often disconnect us with our own experience, bodily feelings and needs, and keep us associated with the feelings of the other person.

So for example: Sami's case with clients. Feels the feeling and pain of the other person and wants to help. However, is sleep deprived, has 123 unanswered messages in her inbox, tired and exhausted herself and also feels it's unfair to those who are paying for her private coaching vs. those that want to be helped for free.

Hard choices, yes, but when we connect to our body and get in touch with how we are truly feeling, we can stay in our vibration and decide from a place of what feels good for us and right for us, vs. what is right for the other person.

FLIP:

*"I am more deeply connected with my needs and feelings vs. those of others. I regularly check in with my body about what I need and feel."*

## HOMework

### 1. Identify your boundaries.

Look back at your last 6 months within this program and notice everything that hasn't felt good on your dates with men or in your relationship.

Ask yourself the following questions:

1. What about this didn't feel good?
2. How can I honour myself and make a different choice next time it happens?

### 2. Program Review:

1. *Date Like A Diva* - training call 2.
3. *Leap Into Love* - module 5.