



BOUNDARIES

VERSUS

SABOTAGE

SABOTAGE



Saying Yes without thinking

Feeling resentful/angry because you feel taken advantage of

Doing what others want and pretending your wants and needs aren't important

Agreeing due to fear of rejection by others

Being vague on what is and isn't important to you. There's an absence of any clarity

BOUNDARY



Considered replies, weighing up what works for you

No feelings of resentment and anger because you do things because YOU want to

Balancing what you want with what others want, as long as everyone is compromising

Comfortably saying no if something isn't right for you, knowing it's OK if others don't like you

Communicating clearly so others understand what you are willing to accept and what is unacceptable



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Allowing others to disrespect your values and beliefs

Feeling resentful/angry because you feel taken advantage of

Feeling responsible for others feelings, when they feel sad, you feel it's your fault!

Allowing people to touch you without your permission, Feeling embarrassed/awkward to say anything

Others asking you to do something they know may result in something bad for you e.g. loss of a job

BOUNDARY



Knowing your own values and beliefs and speaking out when they're disrespected

No feelings of resentment and anger because you do things because YOU want to

Understanding others are entitled to feel how they do and it's not your responsibility

Informing others of inappropriate touching in an assertive way, without shame or guilt.

You put your own health and safety first, making decisions to your benefit

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