



# A HANDFUL OF BOUNDARIES

An interesting way to look at how boundaries are handled in the workplace, as well as at home now, is to look at our childhood training. Most of us take certain things for granted because we have lived with them for most of our childhood. However, those things taken for granted are quite different for an only child vs. a family with 6 children. Different for city kids and country kids. Different for kids that had two parents or only one parent.

**TIME** How much of your time do you own? If you don't own it who does? Do you resent that? Do you manipulate around that? If so, How?, what is the price you pay for that. Do you resent other's manipulations around time? What price do you pay for that resentment? What were your parents rules about time? Kill, Use, Waste, Make ...

**SPACE** How was space used in your childhood? Did you have your own room? Did you share? Was it cooperative? Do you like to carpool? How close can people stand to you? How do they get into your space? What were your parents rules about space?

**PERSON** Look at how you were trained in issues of HEALTH & SAFETY / DIGNITY / AGREEMENTS. Was your "person" respected or taken for granted? What were your parents rules and behavior about HEALTH & SAFETY/DIGNITY/AGREEMENTS? OK NOK?

**PROPERTY** Did you have your own "stuff" or did you have to "share everything"? Is your money your own? What were your parents rules and behavior about property?

**PAPERS** Could you have a private diary? Was your wallet your own? Was your room your own? Could you have secrets - written down - and have the expectation that they would be respected? What were your parents rules about papers? Homework?

We cannot control our history - our childhood. However we can control what we do about it TODAY. If we are not aware of the effects of our childhood boundary rules, then we grope blindly in the dark pushed and pulled by forces that we feel but do not understand. When we are aware of how our childhood training has affected our boundary responses today, then we have choice and control. Otherwise we make and receive "invitations" that are often painful, dysfunctional, and frustrating. Clear limits are a way to repair a lot of pain and dysfunction. We can choose consequences.

**YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**

