



SETTING HEALTHY BOUNDARIES IN YOUR RELATIONSHIP



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ABOUT JACQUI CHRISTIE

Jacqui Christie is a registered Clinical and Counselling Psychologist with a Masters in Psychology who blends insight and intuition with evidence based scientific research to strengthen and enhance individual's lives. Jacqui has broad experience in treating adults with a variety of conditions from everyday concerns through to disorders. Jacqui began her psychological career over 20 years ago in the field of Family Violence where she began working with men who were violent, abusive and controlling towards their partners. In addition, Jacqui began to work with and treat women who were currently or had been living in an abusive relationship.

Jacqui has worked with men individually and in groups specifically facilitating Behaviour Change Groups for many years. She has developed and implemented a number of other programs including anger management, behaviour change, parenting, stress management, mindfulness and depression.

She is a relationship therapist and trained in clinical hypnosis which is used in a therapeutic way with clients as an adjunct to therapy. Jacqui has recently trained in the US in the Psychobiological Approach to Couples Therapy (PACT) method which is focused on adult attachment styles and how these impact on intimate relationships.

Jacqui is a mentor and has mentored CEO's managers and other professionals as well as provided clinical supervision for psychologists and counsellors. She has been highly regarded for her easily approachable and non judgmental style and ability to see beyond the masks. Jacqui has written articles for Women's Health, Cleo and Girlfriend magazine on relationships and family violence. She is also a speaker on the topic of relationships. Jacqui has worked as a consultant and in corporate settings and is currently in private practice where she is also the Director of a wholistic health centre. She is also the author of Rewire Your Relationships and an expert at The Love Destination.

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ABOUT JACQUI'S BOOK REWIRE YOUR RELATIONSHIPS

Do you feel like you are going around and around the merry go round in your relationship? Do you both keep arguing about the same old same old things without any resolution stuck in a pattern of Groundhog Day.

Everyone is biologically and chemically hard-wired for connection and whilst your partner frustrating behaviours, the ones that you have been trying to change for many years now, may feel like they are designed just to push your buttons they are fact entirely unintentional, part of his or her make-up or what Jacqui Christie terms, the hard-wiring. So if that's just the way we are and at times it feels like we are just not right together, how do we "Rewire Our Relationship"? Understanding who and why we and others are, is the critical step to building relationships that flourish.

With a deeper understanding of your own and your partners complex attachment styles you have the perfect platform to deepen your relationship because for perhaps the first time, we can equip you with the right tools and communication style for your unique partnership.

In this book you will discover

- ♥ How to transform your relationship into a lasting source of love intimate connection and companionship
- ♥ To feel safe and secure with your partner
- ♥ Why your attachment style plays such a vital role in your relationship
- ♥ How to understand your partners brain and why they keep doing the things they do

Rewire Your Relationship has so many practical relationship tips, tricks and techniques to bring you closer together, revitalise your relationship and create that deep connection you have been craving.

www.rewireyourrelationship.com

INTRODUCTION

SETTING HEALTHY BOUNDARIES IN YOUR RELATIONSHIPS

SAY WHAT YOU MEAN AND MEAN WHAT YOU SAY

Hi there, I'm so glad that you are joining me so we can work together in strengthening your relationship. I can't wait to assist you on your journey of not only self-discovery but also into the world and mind of understanding your partner.

My name is Jacqui Christie and in this course I want to show you how to set, develop and include healthy boundaries within your relationship.



LESSON 1

WHAT ARE BOUNDARIES AND WHY ARE THEY IMPORTANT?

WHAT ARE BOUNDARIES AND WHY ARE THEY IMPORTANT?

Many people believe that to set limits or make requests are not required or even wrong to implement in a relationship. It's almost as if having some kind of guidelines or limits in a relationship means that we don't love each other.

But boundaries are important.

BOUNDARIES:

- ♥ Can be seen as a form of invisible protection that once in place we feel a stronger sense of personal safety and security.
- ♥ Are important for your sense of self as an individual.
- ♥ Can be seen as part of the agreements you set up in your relationship.
- ♥ Help define the limits of your own behaviour and the limits of the types of behaviour you will tolerate from your partner. If we don't have any boundaries or very little boundaries we are left open to people walking over us not considering us or our feelings.
- ♥ Create natural internal limits or comfortable limits.



LESSON 2

HEALTHY VS. UNHEALTHY BOUNDARIES

HEALTHY VS. UNHEALTHY BOUNDARIES

People like to talk about healthy and unhealthy in terms of what type of relationship they want. I prefer to use the term strong versus weak boundaries. Strong because that is what is needed. A healthy boundary will enable you to feel a greater sense of confidence in yourself and you will also feel empowered.

Establishing healthy boundaries will also enhance your relationship with your partner.

EXERCISE:

Ask yourself, do you have boundaries? What are they?

Are your boundaries like swiss cheese with plenty of holes in them? Are are they strong and healthy? How have you set boundaries in your life and relationships?

SIGNS OF WEAK, UNHEALTHY BOUNDARIES:

- ♥ Saying “yes” to your partner, when in fact you’d rather say “no” – this is usually done to please the other person or to avoid conflict.
- ♥ Saying “no” when it might be perfectly appropriate to say “yes” – this is often done to keep a partner at arm’s length or punish him or her. Good boundaries require honesty. Neither of these behaviours are honest ways to communicate.
- ♥ Making your partner read your mind instead of saying specifically what you’re thinking or feeling.
- ♥ Trying to control your partner’s thoughts or behaviour through aggressive or subtle manipulation.
- ♥ Going against your own personal values to please others or inability to focus on the rights of others.

HOW TO MAINTAIN HEALTHY BOUNDARIES

- ♥ Communicate your thoughts and feeling honestly and clearly. Whenever possible, be honest but respectful in sharing your thoughts and feelings with your partner. Sometimes it’s difficult to sort out what you are thinking or feeling at any given moment.
- ♥ It’s fine to ask for some time to sort this out, but don’t use this as a tactic to avoid a future discussion.
- ♥ Ask your partner what they are feeling versus guessing. Each of you has your own thoughts and feelings, and each person is responsible for putting them into words in order to be understood. This way, your partner doesn’t need to guess.
- ♥ Take responsibility for your choices. Instead of blaming your partner for how you feel or for what’s happening, ask yourself how your choices – purposeful or accidental – may have contributed to the situation.



LESSON 2

BUILDING HEALTHY BOUNDARIES TRUSTING YOUR GUT

BUILDING HEALTHY BOUNDARIES. TRUSTING YOUR GUT

HOW DO WE BUILD STRONG BOUNDARIES FOR OURSELVES?

Our bodies have a unique way of telling us that something is wrong. This warning system begins in the older faster part of our brain which sends signals into our body. This system is also a part of our inbuilt danger system or the fight flight freeze response.

It is vitally important that you pay attention to any signals your body is sending you. For example if you feel even mildly uncomfortable around anyone or in any situation you need to pay attention and take action. It's important to trust your gut, t even if your head is telling you your being silly.

EXERCISE

What has your body been telling you? What signals have you noticed?



LESSON 2

BUILDING HEALTHY BOUNDARIES THE BODY SCAN

BUILDING HEALTHY BOUNDARIES. THE BODY SCAN

One way we can begin to trust our gut is to tune into our bodies is through what I call a brief body scan. You can do this with me by following the course, or in your own time.

EXERCISE – THE BODY SCAN

- ♥ Firstly close your eyes, if you feel uncomfortable doing that you can do this exercise with your eyes open and as you become more proficient you can close your eyes.
- ♥ Start to focus on your breathing.
- ♥ Draw your attention to the warmth of your breath as you breath in and the coolness of your breath as you breath out.
- ♥ Notice your breath underneath your nose on top of your lip.
- ♥ Now draw your attention to your body.
- ♥ Is there any tension in your body?
- ♥ If so where in your body.
- ♥ Is there any pain in your body, if so where?
- ♥ How are you feeling? Tired, happy, sad or relaxed?
- ♥ It's important not to judge or criticize any of the things you notice in your body.
- ♥ Just allow yourself to notice whatever comes up or whatever you notice.
- ♥ If you've had your eyes closed, open them.
- ♥ Use this brief check in for yourself at least three times a day

Take a few moments to reflect or write down any possible connections between how you feel physically and emotionally and any events that have happened throughout the day.



LESSON 2

BUILDING HEALTHY BOUNDARIES 'I' MESSAGES

BUILDING HEALTHY BOUNDARIES. 'I' MESSAGES

Another technique to assist with firming up your boundaries is through language. This technique is called 'I' messages and was developed in the 1960s when they were introduced into Parent Effectiveness Training (PET). 'I' messages are a great way of diffusing or heading off a potential conflict. Stating what you feel instead of what you think is really hard to argue against. This is because you are coming from your own experience and not blaming your partner. Your partner will hear it as an appeal for help from you instead of an attack.

I messages are also a great way of helping you create firm boundaries and a very powerful way of co-creating healing communication. If you notice you are moving toward a potential conflict or your partner has recently hurt you with what they have said, use the words "I feel" and describe your actual feelings. When you talk to your partner using 'I' messages you are acknowledging and taking responsibility for your emotions

HOW TO USE 'I' MESSAGES

With I messages you express your feelings as belonging to you without blaming your partner. For example, it's much better to say something like, "I feel hurt and misunderstood in this conversation" than to say, "You made me feel hurt because of the way you talked to me." The former is simply expressing an emotion; the latter is blaming your partner for the hurt feelings.

Expressing how you feel instead of your idea or perspective allows your partner to relax, lean in and listen to you more. Finally, 'I' messages are non-threatening communication and thereby are viewed as assertive communication.

'I MESSAGES' LOOK LIKE THIS:

- ♥ I feel... (insert feeling word)
- ♥ When... (say what caused the feeling)
- ♥ And I would like... (say what you would like to happen instead).
- ♥ For example: "I feel unappreciated when I think I'm not being heard. I would like us to look at each other when we talk". Or, "I am feeling unloved and would like to be taken care of more".

A WORD OF CAUTION

It's very common to misunderstand this technique and use it incorrectly. For example hiding the 'You' inside the 'I' message such as "I feel like you don't spend any time with me" or "I feel you're getting angry."

Notice that there is no feeling word or explanation of what has caused the feeling. And in this case the use of the words "I feel" has the same accusatory effect as 'You' messages.

OTHER GUIDELINES

A couple of other guidelines to remember. Always describe the other person's behaviour in a non-blameful or non-judgmental way Describe HOW that behaviour has affected you Talk about the FEELINGS you have experienced about the behaviour.

EXERCISE

Try this out with your partner, but if you're a bit worried or anxious about using this technique or concerned about how your partner will hear you, one idea is to first try it out with someone who is the least threatening or challenging to you. This could be a trusted family member or friend

Once you have built up your confidence, begin to use it with your partner. This will ensure that you give yourself the opportunity of maximum success in practising something new, which can lead to you feeling more comfortable to make an attempt with your partner.

Write Down Your Experiences using 'I Messages'
