

CREATING BOUNDARIES VERSUS WALLS

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Boundaries serve as guidelines that help us stay true to our identities and achieve fulfillment, success, and inner peace. They are healthy, sacred, and good. However, sometimes, instead of building boundaries, we build walls. This resource provides valuable insights on creating boundaries versus walls.



Boundaries Versus Walls

Boundaries align with your values, personality, and goals. They should help you strike a balance between your work and personal life, and cultivate healthy, strong relationships, success, and inner peace. However, if your guidelines lead you away from your values, purpose, and goals, and if they negatively impact your ability to form and sustain healthy relationships and seize opportunities, it may be a sign that you are creating walls instead of boundaries. Walls stem from unhealed traumas, worry, insecurities, or fears, and can hinder your well-being, success, aspirations, relationships, and fulfillment.

When Creating Boundaries

- ◆ Understanding your values, personality, and desires for relationships, self-care, and success is pivotal because your boundaries are rooted in them
- ◆ It's important to differentiate between non-negotiable and flexible boundaries
- ◆ Understand that you should be able to clearly articulate your boundaries to others

Questions for Reflection

- ◆ Where are my guidelines originating from (e.g.,: my values or fears)?
- ◆ Are there boundaries I need to redefine or set?
- ◆ Am I creating boundaries or walls?

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others." - Brené Brown