

Soften Rigid Boundaries

Just as our boundaries can be too brittle, they can also be too *rigid*. Rigid boundaries *must* be softened to produce close and fulfilling relationships. Rigid boundaries are often characterized by concrete thinking or unrealistic expectations - instead of being adaptable in our thinking and flexible in our actions.

Where might your boundaries be rigid? (Remember the boundary categories: physical, emotional, time, etc.)

Use the space below to write the expectations, beliefs, thoughts, and action that surround your decisions to maintain the rigid boundary.

Some things to consider: Where might you be able to release some expectations, adjust your thoughts, or examine your beliefs? What will you do? Might other people have different interpretations of this same situation? Could my thought be an exaggeration of what's true? Am I having this thought out of habit, or do the facts support it?

Setting boundaries is about recognizing and moderating gray areas. It's much easier to always say yes or to always say no, than to figure out when to accept or reject requests.

Boundaries should be firm enough that you feel emotionally and physically safe and comfortable, yet flexible enough that you allow love and connection to flow between you and other people.