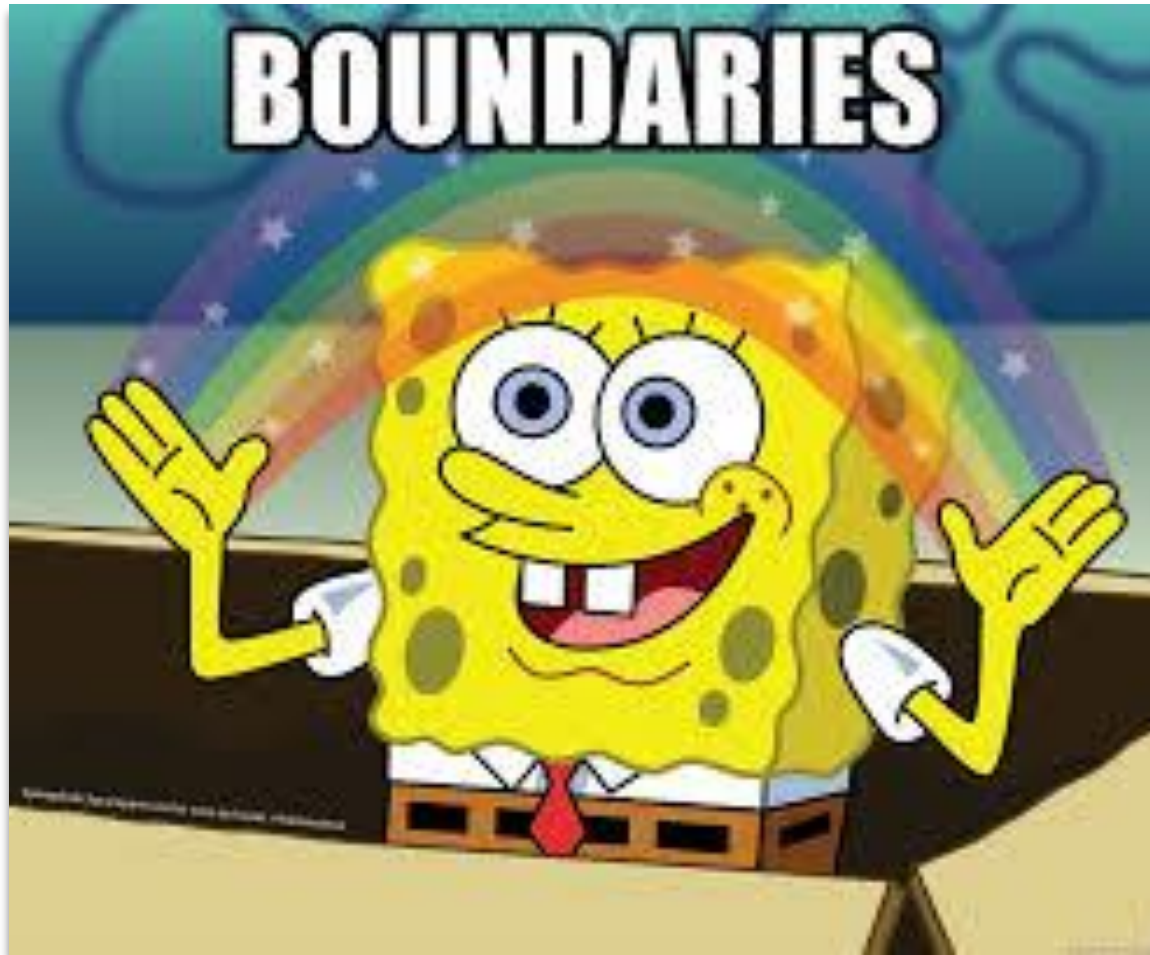


What's one way to prevent burnout and compassion fatigue?



III. Purpose, Characteristics,
and Types of Boundaries

IV. Wisdom of Boundaries



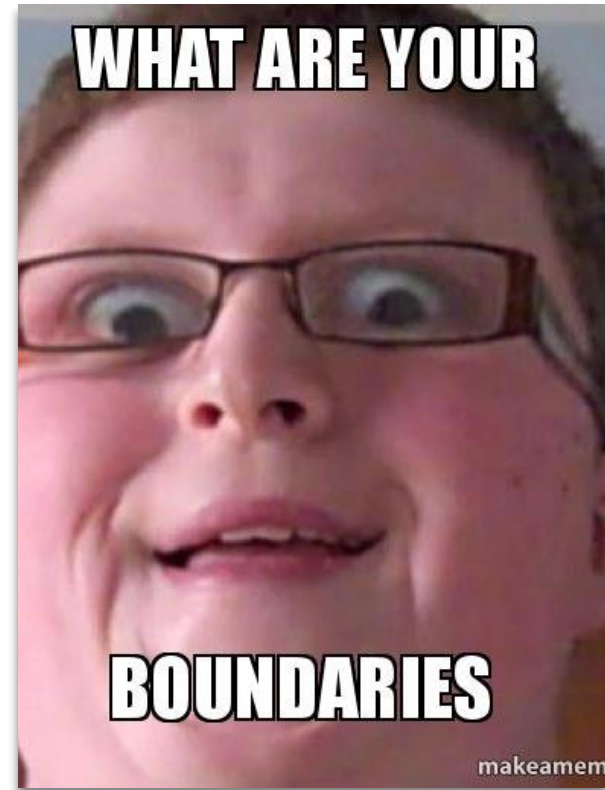
I. Compassion Fatigue

II. Define Boundaries

Our Journey Today

What are Boundaries?

- * Physical/Sexual
- * Emotional
- * Intellectual/Spiritual
- * Time
- * Financial/Material



- * Hyper-Rigid Heather
- * Been-doing-this-so-long Bernard
- * Over-involved Ilene
- * Where'd-you-go Walter
- * Mercurial Mary
- * Doubt yourself Dana
- * Healthy-boundary Harold



Group Discussion

1. Who do you relate with from the previous slide?
2. What is the purpose of creating boundaries?
3. What are characteristics of healthy boundaries?
4. Where can we get guidance on what our boundaries should be?

Purpose

- Safety (container)
- Predictability
- Role modeling
- Preventing burnout
- Sustainability
- Ethical obligations
- Others?

Characteristics

- Clear to the boundary holder
- Communicated up front
- Held by an individual, not forced upon others
- Based on love for oneself and others (as opposed to control)
- Others?

Guidance

- Organizational policy
- Personal experience and preference
- Cultural norms
- Others?

What we learn about ourselves
through our boundaries

Unhealthy Belief	Healthy Boundary Builder
I can never say "no" to others.	I have a right to say "no" to others if it is an invasion of my space or a violation of my rights.
It is my duty to hold them together.	I have a right to take care of myself. If they want to stay together as a family or group, it is up to each individual to make such a decision. We all share responsibility to create the interdependency needed to keep us a united group.
I can never trust anyone again.	I have a right to take the risk to grow in my relationships with others. If I find my rights are being violated or ignored, I can assertively protect myself to ensure I am not hurt.
I would feel guilty if I did something on my own and left my family or group out of it.	I have the right and need to do things which are uniquely mine so that I do not become so overly enmeshed with others that I lose my identity.
I should do everything I can to spend as much time together with you or else we won't be a healthy family or group.	I have a right and a need to explore my own interests, hobbies and outlets so that I can bring back to this family or group my unique personality to enrich our lives rather than be lost in a closed and over enmeshed system.
It doesn't matter what they are doing to me. As long as I keep quiet and don't complain, they will eventually leave me alone.	I will stand up for myself and assert my rights to be respected and not hurt or violated. If they choose to ignore me, then I have the right to leave them or ask them to get out of my life.
As long as I am not seen or heard, I won't be violated or hurt.	I have a right to be visible and to be seen and heard. I will stand up for myself so that others can learn to respect my rights, my needs and not violate my space.
I'd rather not pay attention to what is happening to me in this relationship which is overly intrusive, smothering and violating my privacy. In this way I don't have to feel the pain and hurt that comes from such a violation.	I choose no longer to disassociate from my feelings when I am being treated in a negatively painful way so that I can be aware of what is happening to me and assertively protect myself from further violation or hurt.
I've been hurt badly in the past and I will never let anyone in close enough to hurt me again.	I do not need to be cold and distant or aloof and shy as protective tools to avoid being hurt. I choose to open myself up to others trusting that I will be assertive to protect my rights and privacy from being violated.
I can never tell where to draw the line with others.	There is a line I have drawn over which I do not allow others to cross. This line ensures me my uniqueness, autonomy and privacy. I am able to be me the way I really am rather than the way people want me to be by drawing this line. By this line I let others know: this is who I am and where I begin and you end; this is who you are and where you begin and I end; we will never cross over this line so that we can maintain a healthy relationship with one

Boundaries Quiz!

Thank You!

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