



MAKING CHANGES

HEALTHY BOUNDARIES: TOPICS AND DESCRIPTIONS

Healthy Boundaries

Boundary issues are common to most of us; in fact, our personal boundaries are the basic, yet often invisible rulebook that guides all of our relationships. Our boundaries define how and what we communicate, what we give and receive, and even, in the most basic sense, provide the parameters for what we expect from others and life itself. Boundaries reflect how we love ourselves and what we value most deeply. They impact our capacity at work, with authority, with our money and our sexuality. Knowing when we want to say yes, when we want to say no, what feels like self-respect and where our own needs start and end are the foundations that build the sense of boundaries that control our lives.

Week 1 - Orientation

Orientation provides us with the opportunity to learn about the program, the leader and get to know other participants. We begin group building by developing guidelines to create a safe, comfortable environment for learning, and begin to set goals for the growth and development of the group and individuals.

Week 2 – Recognizing Choices and Making Decisions

A major step in self-empowerment is the recognition that we always have choices and the choices we make are based on our decision making abilities. In this session we practice making choices, identify our patterns of decision making, the common difficulties in decision making and how to deal with them.

Week 3 – Boundaries – Costs & Benefits

The goal of having and setting boundaries is to gain enough security and sense of self to get close to others without the threat of losing ourselves, smothering them, trespassing, or being invaded. Boundaries are the key to loving relationships. This session compares healthy and unhealthy boundaries, looks at different boundary styles and examines the impact of boundaries on different areas of our lives.

Week 4 - Communication Boundaries – Getting More of What You Want

Healthy communication boundaries build trust in relationships, and are a vital part of communicating in a direct, honest manner, sharing thoughts, feelings, needs and negotiating agreements. In this session we focus on boundaries for handling inappropriate questions, gossip and revealing personal information.

Week 5 – Boundaries for Healthy Anger

Anger is a basic human feeling and when it is expressed with boundaries there can be a positive impact on both the person and the relationship. We examine healthy do's and don'ts, ways to listen to another person's anger and ways to make and accept amends.

Week 6 – Relationship Boundaries – Balancing Intimacy and Independence

Good boundaries strengthen relationships and promote intimacy and weak boundaries or a violation of boundaries harms relationships. We will look at the impact of boundary violations and appropriate limits and ways to set them in different types of relationships.

Week 7 – Personal Boundaries – Moving from Selfless/Selfish to Empowerment

Setting boundaries is about learning to take care of ourselves, no matter what happens, where we go, or who we're with. Boundaries emerge as we learn to value, trust, and listen to ourselves. We will examine defenses versus boundaries and look at and practice strategies and tips for setting healthy boundaries.

Week 8 – Boundary Dilemmas & Parenting Boundaries

In this session we start to identify personal areas where we have difficulty setting boundaries and have the opportunity to practice setting boundaries in those areas. We also look at the impact of parent boundaries on ourselves and our children.

Week 9 – Beating Procrastination

If you find yourself putting off important tasks over and over again, you're not alone. Many people procrastinate to some degree – yet some are so affected by procrastination it stops them fulfilling their potential. We will look at the keys to controlling this destructive habit which are to recognize when you start procrastinating, understand why it happens (even to the best of us), and active steps we can take to manage our time and outcomes better.

Week 10 – Closure

The closure session allows an opportunity to acknowledge the mixture of conflicting emotions participants often experience; appreciation of new skills, knowledge and friendships as well as sadness and let down that group is ending. We also take time to acknowledge goal achievement and to evaluate personal learning and the effectiveness of the group process.