

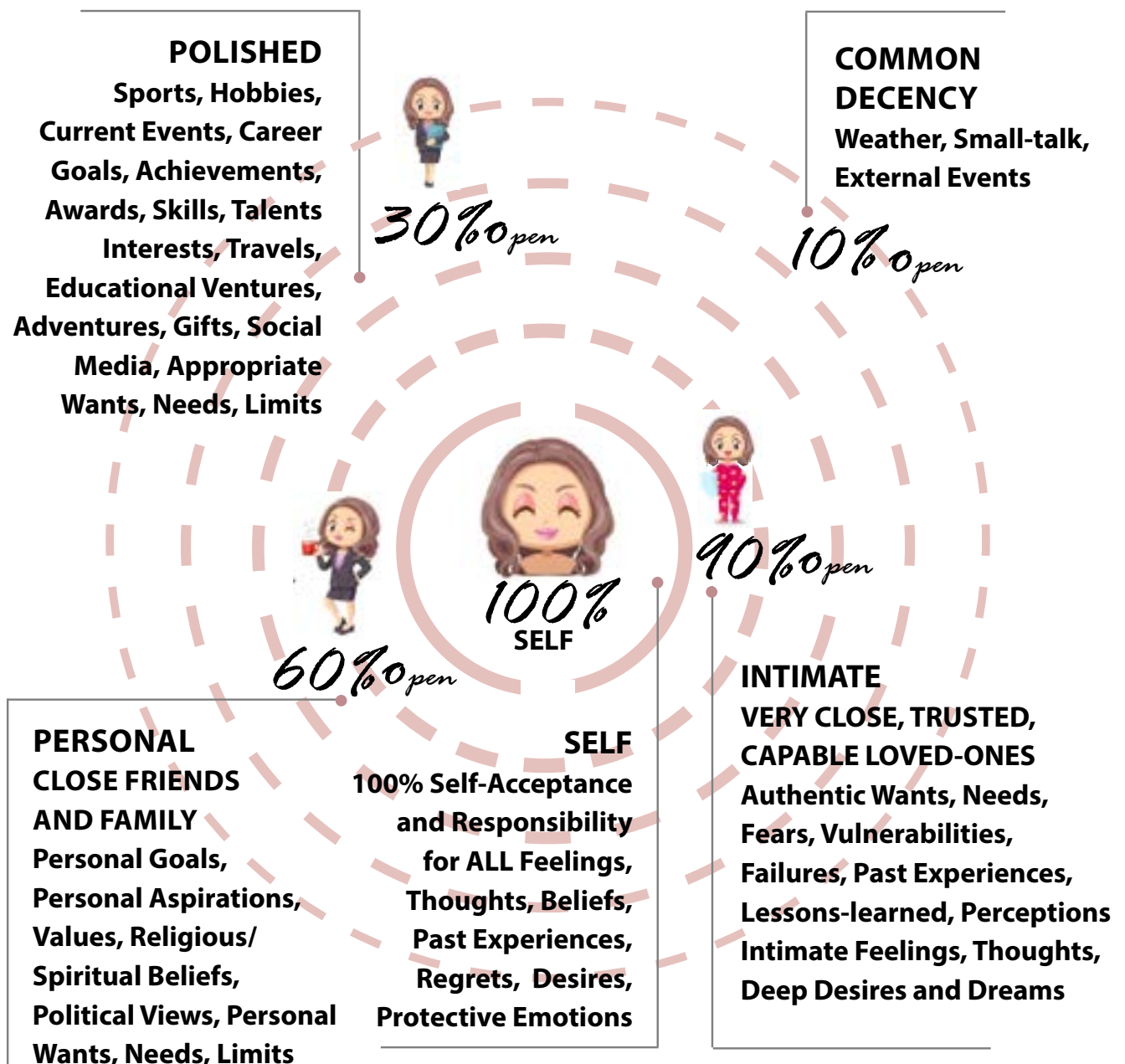
Individuals set boundaries to feel safe, respected, and heard.

Pamela Cummings

EMOTIONALLY SHARING YOURSELF

Being Discerning and Mindful of How Much You're Sharing Self with Others

This provides a **guideline** for conscious emotional boundary setting. It is **not** meant to be followed exactly.



SET EXPECTATIONS *and sharing* BASED ON EXPERIENCES *with each person*

Boundary Levels: Sharing Yourself with Others

It's common for people to lack emotional health skills nowadays, even our partner! You may find that sharing 'authentic feelings' causes more conflict than connection with most people. This is OK! Modify your level of sharing and expectations based on your experiences with each person. Enjoy fulfilling friendships and relationships based on how capable each person is of connecting with certain topics and levels of sharing.

- At what level am I choosing to share?
- What am I expecting from this person?
- How have they responded in the past?
- Did they criticize, 'fix' or JADE (Justify, Argue, Defend, Explain)?
- Do I tend to feel seen, heard, valued, and respected by this person?
- Why do I want to share this right now?
- Is this an ideal time and place?
- What do I really want or need and am I communicating that clearly?



SELF ALONG WITH GOD OR SPIRITUALITY, ART

100% Self-Acceptance, Unconditional Love for ALL Feelings, Emotions, Inner Child, Desires, Thoughts, Beliefs, Compassion for ALL Experiences, Regrets, Lessons-learned



INTIMATE VERY CLOSE, TRUSTED, EMOTIONALLY MATURE, CAPABLE LOVED-ONES, THERAPIST, PARTNER

You may only have one or a few of these people in your life
Authentic Wants, Needs, Fears, Some Vulnerabilities, Failures, Past Experiences, Lessons-learned, Ideas, Some Perceptions, Some Feelings and Thoughts, Deep Desires and Dreams



PERSONAL CLOSE FAMILY & FRIENDS, PARTNER

Share aspects that have shown to be safe and satisfying topics

Personal Goals, Personal Aspirations, Values, Religious/Spiritual Beliefs, Political Views, Personal Wants, Needs, Limits, Perceptions, Opinions, Some Past Experiences



POLISHED COWORKERS, MOST FRIENDS & FAMILY, VARIOUS PEOPLE

Share aspects that you can connect on, enjoy talking about, or even debate

Sports, Hobbies, Current Events, Career Goals, Achievements, Awards, Skills, Talents, Interests, Travels, Educational Ventures, Adventures, Gifts, Social Media, Appropriate Wants, Needs, Limits, Boundaries



COMMON DECENCY STRANGERS, SOME CO-WORKERS, PEOPLE YOU DO NOT LIKE, HAVE TREATED YOU POORLY OR BEEN INCAPABLE OF HIGHER LEVELS OF SAFELY SHARING

Weather, Small-talk, External Events (like noticing a bird chirping), Sports, etc.

SET EXPECTATIONS *and sharing* BASED ON EXPERIENCES *with each person*

Person's Name (could be anyone from a family member, partner to a friend, co-worker, etc.)

Describe this person's overall demeanor, typical mood, and 'vibe.'

Do I typically enjoy spending time with him/her at this point (this can always change later, people grow!)?

Why is this person important to me? What do I value about him/her? What do I want or need from this person?

What personality traits do I like or dislike about this person (be honest, not just 'nice')?

How much time do I REALLY want to spend with this person? How many days a week, month, year? Which specific holidays, events, etc. How often do I want to converse with this person - text, phone, in-person?

Do I feel comfortable sharing my feelings, opinions and interests with this person? Where do I want to set limits? What topics and aspects of myself have been enjoyable to share and talk about in the past?

What aspects have caused toxicity, judging, shaming, fighting? What has been ignored, neglected or dismissed?

Am I letting people-pleasing, anxiety, guilt or loneliness make me over-share aspects of myself with him/her?

Has this person respected my clearly stated needs and limits in the past? Where do I need to draw the line?

How do I want this person to see me? What do I want them to value about me? Why do I want this from them?

Now, describe aspects you want and don't want to share with this person. What wants, feelings, opinions, interests and topics? At what level are they capable of seeing you, valuing you and connecting with you?

SET EXPECTATIONS *and focusing on* IMPROVING RELATIONSHIP

The intention of this worksheet is to give focus to a specific relationship you want to feel better about, understand and improve. It can be used for a loved-one, friend, coworker, etc.

PERSONALITY

Describe their personality traits, overall demeanor, typical mood, and 'vibe.'

HOW THEY SEE YOU

How do you feel they see you?
What do they like and dislike?
What do they value about you?

DISAPPOINTMENTS

How have they let you down?
Do you feel sad or resentful for anything they've done or failed to do? What have they failed to notice about you? Describe specific memories.

NAME AND TYPE OF RELATIONSHIP

HOW YOU WANT THEM TO SEE YOU

How do you want them to see you and notice about you?
What do you wish they liked, appreciated and/or respected?

WHAT YOU WISH THEY VALUED AND HOW YOU WANT THE RELATIONSHIP TO BE

What do you want them to truly value about you? How do you wish they treated you? Anything you wish they accepted about you? Why is this important? If they could value you in this way, how do you see the relationship improving? How do you want to feel about your improved relationship?

A painful false belief that wrecks havoc on our core sense of worthiness - is the idea that we can somehow control how others view us. In truth, no matter how helpful, smart, nice, empathetic or good-looking we are, how others view us is 100% in their realm of perception and control.

We cannot control how others view us, nor what they value in us. Not even our family, partner, or bestfriends. This can be a painful, even lonely, realization at first. You may find yourself needing to grieve this. However with acceptance you will get to realize how freeing this is and in it, find your real power and worth.



The #1 cause of depression is a sense of powerlessness. Railing against depression by grappling to get power over others and other aspects in which you're powerless, results in deeper depression.

No more railing against the inevitable powerlessness that comes with trying to control how others view you and what they value in you.

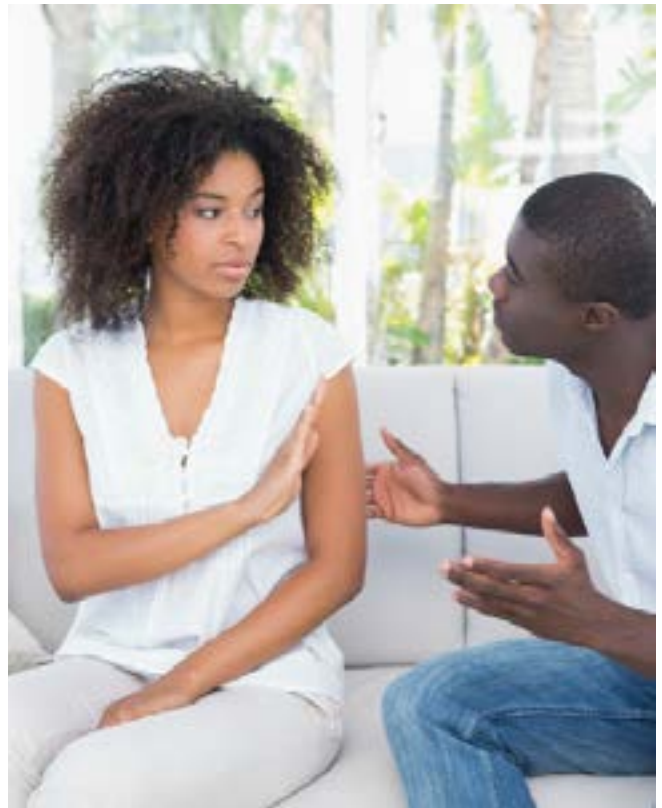
You do have the power to build self-worth and even climb out of depression by focusing on where you have power, which is taking 100% responsibility for realizing how you WANT to be seen and what you WANT to be valued for, and then live your life in alignment with this path as best you can.

Realizing and choosing how you want to be seen and what you want to be valued for is a creative process and it will never be perfect.

In fact, this vision of how you WANT to be seen and valued will change and grow through time - yet, it will always be your responsibility and yours alone.

When you see it from this perspective, you realize that this is enough of a responsibility in itself and holds all the power you need to live your life aligned with a sense of purpose, worthiness, and empowerment.

With your 'map' for living how you WANT to be seen and valued, softens any urge to try




The version of me you created in your mind is not my responsibility. Even if I want it to be.



to control (codependency) how others perceive you. You will hold the power to allow others to perceive you the way they need to or choose to.

They may say things like "You are mean" or "You keep disappointing me." Instead of justifying, arguing, defending or explaining (JADE-ing) against them, Respect their words at Face Value, and know their words are their perception. Stay in yourself. Their words help you understand their opinion of you, but they do not tell you the truth about you.



If you adjust your level of perception you will discover the seeds of serenity within the seeming chaos that surrounds us.

Peter Patrick Berreda

If you could control how other people see you and what they think about you, what would you want them to see? What would you want them to think? What would you want them to value about you?

List the people that you care about the most in terms of how they view you? How do you want these people to see you? What do you want them to truly know, understand, value or be proud of?

Who's opinion of you do you care about the most? They may be alive or passed, or a spiritual figure.

How do you want this person to see you? What do you want them to love and value about you?

If you're in a place in life where you do not care about how anyone sees you, this is okay and empowering in it's own way. From this clean slate, imagine what you WANT to prioritize. How do you want to see yourself? Envision what you WANT to value, in travels, in experiences, in life overall.