



# *Healthy Boundaries* From The Inside Out

Learn What They Are, How To Begin Creating  
Them & How They Can Set You Free

*Karen S Hudson*  
CHANGE FROM THE INSIDE OUT 

Growing up there was really only one set of boundaries in our home. DO NOT SPEAK to the truth. DO NOT ask about what you see and hear. DO NOT I repeat DO NOT say or show your feelings about said things you are not to ask or speak to. Period.

Yup, I grew up in a chaotic, addictive, at times abusive home. I had love, I had clothes and a roof over my head. Actually, materialistically I had A LOT. Emotionally my parents were so embedded in their own fears, failures and fear of failure that we didn't learn any boundaries that would help us navigate some pretty fierce rapids in our lives.

I was told to hush. This is a boundary VIOLATION early on that teaches you that your voice isn't important, doesn't matter or shouldn't be heard. It violates the innate sense of who we are and our own internal GPS system about who to trust and how to trust ourselves.



# *Fear of Setting Boundaries*

I have read, studied and spoken about boundaries. The question I get over and over is WHAT ARE THEY, WHAT DO OR WILL THEY DO FOR ME, and the classic I DON'T WANT TO UPSET ANYONE or CAUSE CONFLICT. Sound Familiar?

What I have experienced myself and with my clients is this sense of, "I CANNOT ASK FOR WHAT I WANT."

"That makes me feel selfish." "It will upset the person I ask to keep the boundary." "I do everything I know to avoid conflict." "Why don't they just KNOW?" "Is there another way OTHER than me saying I want a boundary?"

I always answer, "Of course there is. Don't say a word." Their response "Well, that doesn't change anything? ME = silent.

Yes, speaking up for yourself IS the way to create boundaries. ALSO, it's the way to teach people how to treat you. How are they going to know if YOU don't tell them? No, they are not going to just know.

If you go to someone with LOVE and compassion in your heart for both of you and you ask for what you want AND they don't listen, or respect how you feel, or say they will try, or say I never knew, or say of course I will work on that THEN THIS IS A RED FLAG.

As hard as it might be at first to think this way or FEEL this way, I ask "how much power does another person GET over you?"



THIS IS YOUR LIFE. You get to ask for what you want, live the way you want, love who you want, believe what you want. And I know it's hard to turn a life time of putting others first or yourself not first around.

*“Choose YOU. When you are in any relationship and it seems to always **go one way** you know it's your moment to decide your boundaries. When you say something serious or vulnerable about yourself **and there is no response but something about them AGAIN**, this is your moment to think, create boundaries and possibly some distance.”*

When another person is making you compromise in a NEGATIVE way by you NOT being able to ask for what you want, TIME TO THINK. TIME TO RE-EVALUATE. Maybe TIME FOR SOME DISTANCE. And yes I know it's hard to ask for what you want.

This is where YOU decide do their needs count more than mine? Mine more than theirs? Or do your needs equal their needs?



# Defining Your Boundaries

There are many different ways in our lives boundaries come into play. Some will be very clear to you and some maybe be surprising and or unclear.

I want to share my experiences with boundaries within a relationship and how to begin to listen to that internal nudge that says, "That didn't feel right".

I was dating this guy, and he seemed at first that his attention was sweet, and I thought that he was romantic, attentive, talking, texting and it felt really good.

That was in the beginning. Honeymoon 101.

What seemed at first attentive and romantic, all of a sudden I realized it felt pushy and controlling.

But I waved it off as me misinterpreting his behavior based on my past relationships.

It would be things like, "Where are you? What was I was doing? Who I was with?"

He ended up getting verbally abusive and so I broke up with him. Breaking up with him also brought about more crossed boundaries. He literally was on the verge of a full blown stalking regime. He couldn't handle not having control. He couldn't handle me saying NO to him. He couldn't and didn't want to respect my boundary.



I wasn't strong and clear in my boundaries. I had to learn HOW TO BE clear and strong.

If there is ever a funny feeling in your stomach or a nudge of a thought in your head, pay attention. Don't mistrust yourself. It's telling you SOMETHING.

*“There is no rulebook for you, other than the one you create.”*

Pay attention to the little voices in your head that say, “That didn't feel right,” or “That felt kind of slimy”.

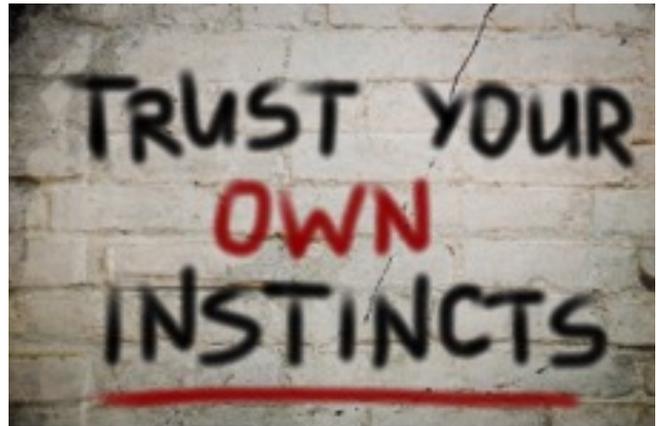
Another example was a friend of mine who was in a same sex relationship, and her new partner was so over the top. Within 3 months she had convinced my friend to sell her house, wanted to come in to her business, and more. I told my friend “I love you but something's wrong here.”

She thought I was being overprotective, but she ended up getting really hurt by the relationship when it ended, and financially hurt as well.



Listen to that nagging intuition that it didn't feel right, or why are they pushing so hard – check it out and this is a time you go see someone, talk to someone, and get support.

Listen for the red flags within yourself. Don't wait to be hit over the head with a 2x4. Don't wait until you're in a terrible abusive relationship and don't know how to get out.



Turn your stinkin' thinkin' from you inner critic, to your inner guide.

There are several areas where creating boundaries could support you:

**Material** – This is where you decided to lend things like money, your car, etc.

**Physical** – This is where you decided who gets a handshake or a hug, it's all about your personal space, privacy and your body.

**Mental** – This is where you can be highly suggestible or do you hold your own on your own opinions. Can or do you listen to others with an open mind and allow them to have their thoughts and beliefs or do you try to make them believe what you do?

**Emotional** – This is where you and others are separate and can you distinguish between their feelings and yours, do you take responsibility for others emotions and responses, and the degree to which you take things personally. This is where strong internal boundaries support you the most. Stay Tuned for a discussion on internal boundaries coming up.



**Sexual** – This is where you say who, what, where, and with whom.

**Spiritual** – This is where you decide your beliefs in relationship to God or a Higher Power or not and how you allow others to influence that.

### AND WHAT I FEEL IS ONE OF THE MOST IMPORTANT AREAS

**Internal** – This is all about how you decide to set, keep, allow, and break boundaries with YOURSELF.

Some think this is about self-discipline. I SAY NO WAY. I believe that it is directly related to how you FEEL about yourself and if you feel worthy to yourself to take and keep yourself a priority.

If you feel that you are not enough, not worthy, do not deserve , etc., then you will NOT have healthy boundaries within yourself. You will use them to beat yourself up. And this my friend is NOT OK WITH ME.

So first we work on your internal beliefs. Stopping that war within. We work on taking it one step at a time, one choice at a time... and step by step, choice by choice you WILL build up your internal beliefs, your internal support of YOURSELF and then we can begin to set healthy boundaries externally.

There will be areas above where they are MUCH easier for you to set than others.



Here is some homework to work on and practice:

Ask yourself and rate in each category this question.

On a scale of 1 – 10 How EASY it is for you to set boundaries in that area and KEEP THEM. 10 being I GOT THIS DOWN, no issue and 1 being OHHHHHHHHH that would be so hard for me.

START with the Internal boundaries category. Remember YOU come first. If you don't have healthy boundaries inside with yourself, how can you have healthy ones with anyone or anything else outside?



# Setting Your Boundaries

You may have thought about specific people, places or things where you need them. It could be more with yourself or more with others.

So let's get ready to look at where you want to have more boundaries. Ready?

Ok on each of the categories below, write out WHO, WHERE, WHAT, and then if it would be easy or hard to set a boundary on a scale of 1-10, with ten being WAY WAY easy, and one being WAY WAY harder to do right now.

Take a piece of paper out or start a new page on your computer. (you already have the rating of each area of how easy or hard you feel it is to set boundaries. Now we are going to go to who or what you want to set boundaries with in each area.)

Start with the first category and write as much as you need. Then move on to the next one...

**MATERIAL** - My best friend Sally.

Example: I loaned 2000 to a friend and she kept coming up with excuses to not pay me back and avoided me instead of talking to me about it directly. I will set a boundary to not loan money any more to friends and family. I could cave and I could say no, if I feel someone is really needy and I know there is a high chance of them never paying me back.

SO I HAVE TO DECIDE if I am willing to choose to loan things or money and not be attached to the outcome or expect the money or have them sign a contract and hold them to it.



## PHYSICAL – My Ex Boyfriend

Example: He always crosses the boundary when he doesn't get his way. He will push, yell throw things shove and hit.

(This could be a current boyfriend or husband or relationship that you are in) I had to make a plan to break up and do it in a safe way when I realized that there was no changing the situation. I choose me over him or his supposed love. This can be a very tricky situation. If you ever need to talk about a safety plan for you and your kids, just email me. I have done this twice in my believe it or not. Once with the ex-boyfriend and once with my daughter. (a whole other story) I can help and give you safety tools to help you succeed.

Back to the assignment. I have had clients who have friends who poke them, push them and all think its fun. I have clients who have friends who YELL at them.

You decide who, what and where. YOU DECIDE what is OK with you.

Remember, mark down who, what, when and the scale of 1 – 10 and then what would be one step you could take towards setting that boundary.

**MENTAL** – This is where you decide who is going to MESS WITH YOUR BRAIN and what you believe to be true or not.

Example: I know a person who is always RIGHT. Never takes responsibility for ANYTHING. Wonders why others are STUPID, INCAPABLE, And JUST WORTHLESS. Yup that is the language she uses. She bullies, pressures, lies, intimidates and more.



I decide that not only was it NOT OK TO TREAT ME LIKE THIS it was not ok with me that she treat anyone else like this. So I now support anyone and everyone I know, that its safe for me to, to help them create healthy boundaries with this person. These kinds of people will make you question your own sanity.

They make it sound so right, true etc that you think you really are wrong. The key here is inside you are screaming this is not right.

So put who, what where, and on a scale of 1 – 10, what would be one step you can take to support yourself and begin to create a boundary?

**EMOTIONAL** – This is where someone crosses a boundary with you and usually, not always, yet usually uses something they know about your emotions to cross it and then its coupled with mental boundary being crossed as well.

Example: I have a friend who is always NEEDY. She knows I love her, care about her, want her to succeed yet she comes up with excuse after excuse to ask me to do things for her, why she can't hold her equal share of responsibility in the friendship , etc. Paying for things, driving places, not going last minute, me always having to call her, me always needing to initiate things. So I have brought it up several times and there is the emotional story of how hard she is trying, how she loves me, I have always been there for her, and how she just couldn't think of her life without me.

REALLY? Ok I think you get the drift. This can be your child, your friend, your parent, your spouse, etc. Start with Who, What, Where, and then on a scale of 1-10, what is one thing you can begin to practice to shift this?



**SEXUAL** – You have to decide what is ok with you or not. Also if there is a kind of sexual act or play you liked once but decide not to do again you have the right to say NO. NO means no. Not No means no until someone forces you or badgers you to say yes. These boundaries can be subtle.

Example. My ex-husband was ON me all day long. Hugging wanting kisses, just being touching me all day long. Some might say that was awesome, loving , etc. But for me it was WAY TO MUCH. I needed some space. I didn't want to make love or have any closeness with him when he had been touching me all day long. I have NO SPACE. It took some time for him to understand. He kept seeing it ONLY through HIS EYES and HIS MEANING. He was trying to fulfill his emotional jar and get his needs met emotionally without considering it mine. Given it had the opposite effect than he wanted and we talked and talked it through he began to understand better.

Where in your life, if any, do you want to set any boundaries? Do you know what is NOT ok with you? Make sure you know so you can tell when a boundary is crossed.

Ok here we go, Who, What, Where? And on a scale of 1-10, what is one thing you are willing to do to set your sexual boundaries?

**SPIRITUAL** – This is where you feel infringed upon, pressured. It could be you and your husband don't agree on how you are going to raise the kids spiritually. It could be you have joined a church and there is something you disagree to.



Example: I got re-baptized as an adult. I was part of a church I felt at home with. UNTIL, they decided to start telling me who I could date and who I could not date. I met with the pastor and sure enough he said I wasn't holy if I dated men of a different color.

I left the church. It could be subtle, or it could be WAY obvious like my experience.

Who, What, Where? On a scale of 1-10, what can you begin to do shift this area of boundaries in your life?

**INTERNAL** – Ok, this category is usually emotionally charged. It also, believe it or not, can be one of the hardest areas.

This will show up that you set a boundary to not do drugs, eat meat, smoke, and yell at your kids.

Maybe you really want to show up in the world as a certain kind of friend, wife, lover, and/or mother. Maybe you want to set a boundary around work and home. Work and Play.

And you cross it over and over and over.

The first thing I would ask is, how is it working for you?

You might say WELL it's not. I would say IT IS.

We don't keep doing something over and over that doesn't work for us on some level. So ask yourself honestly without judgment HOW IS THIS SUPPORTING ME? What is the benefit of this pattern, or behavior or choice? This is how you begin to discover how you have it all set up inside and how it is actually giving you something.



Now ask yourself where you want to set a boundary?

Write them out. WRITE THEM ALL OUT however take them ONE AT A TIME.

Part of what I think we do is take on an all or nothing attitude. Either you say great I can do it all at once or If I don't I am a failure. Nothing could be further from the truth. Take it one STEP at a time. Have you ever heard the saying, "Go after the low hanging fruit first"? That is what I want you to here. Take the category that you said would be the EASIEST to set a boundary in. Start there. Take it one person, one issue, one topic, one boundary at a time.

Practice, Practice, Practice. AND then Practice some more.

I know you can do this. I know you want this.

Hugs  
Xoxoxo

*Karen*



# Need Help Setting Your Boundaries?

Many of the areas we have discussed are better served with support. With asking a few more questions around each one. This is meant for you to begin to see where you might want to start working on boundaries.

If you want to get support and find out how I can help you with shifting some of them, click the link below and we will set up a free 15 BREAK FREE session.

Schedule a 15-minute **FREE**  
*Break Free Session* now!



# About Karen



Karen Hudson is a freedom fighter, fear slayer and founder of Change From The Inside Out. As a Board Certified Health and Life Coach, inspirational speaker and expert teacher, she is committed to helping people stop the war within and live at peace with themselves, their bodies and their choices.

With three certifications in NLP, two in Family Systemic Constellations, and a master's degree in Human Systems Theory, Karen has trained as a Level III coach with Rhonda Britten's Fearless Living Institute and worked as one of Dr. Phil's senior life strategists for the past decade.

Karen's overriding mission is to take women, men and couples from feeling stuck and powerless to feeling radically empowered by choosing, believing, and practicing self-love.

Based in Portland, OR, you can find her on [Facebook](#) and [Twitter](#).

