

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

9. HOLDING CLEAR BOUNDARIES

As we begin to heal our lives, we may become aware that a crucial aspect of successful living—setting healthy and helpful boundaries—has eluded us. Perhaps we work too much, or eat too often, or go on rejuvenating excursions way too infrequently. Possibly we allow ourselves to be invisible, doing all the work while someone else gets all the credit. Maybe we need to become clear on how we will allow others—either at work or at home—to treat us. If healthy and helpful boundaries are not prevalent as we begin to own our power in changing our lives, we start to set them.

The mistaken assumption is that once we set a boundary, all those around us will follow it. After all, we have communicated it. They, in turn, have heard it. But here's the truth: it's up to *us* to ensure our boundaries are followed. It isn't up to them to comply.

A few decades ago, I was married to an alcoholic wife abuser. It was a horrible experience, filled with darkness and pain on all levels of my being. But as awful as it was, it blessed me in one huge way: I learned—completely learned from going through that experience—that abuse in any form is totally unacceptable. Once I got that lesson, I knew I would never dwell in violence again.

Shortly after leaving that relationship, I was home visiting my family ... and one of my family members hit me. I couldn't believe it! They knew the circumstances I had just left, and there they were repeating the very same behavior. Didn't they know what I had learned? Didn't they know they couldn't treat me that way? No, based on their behavior, I'd have to say they didn't. And whether they *should* have known better or not isn't the point, because we can't address what we wish life *would* be like. We have to address life as it *is*.

And in that moment, it wasn't mine to help that person see the error of their ways. It was mine simply to hold my boundary: I had recently resolved never to allow anyone to treat me in such a way. But someone had. I couldn't ignore it. To do so would have been an invalidation of my very self. But what was the best way to handle what had happened? After considering my options, I decided that the best solution, the best way for *me* to honor my boundary, was to remove myself from the presence of that individual. So I did. I left my home that day and didn't return—did not place myself in the presence of my family—for more than two years.

During that hiatus, I had to work through a dilemma: this was my *family*. I *wanted* to be around them. I just wanted my interactions to be freed from violence. Thus, before I would return, I had to do some big time reflecting on my side of the street in that situation. In so doing, I discovered that *I* had been argumentative. *I* had insisted on my way. *I* had closed my heart to that member of my family. Those behaviors were on my side of the street, and therefore I had to correct them. I had to change. And I didn't return home until I could trust myself to completely avoid those behaviors of mine which, in all honesty, were contributing factors in the violence of that day.



In the dark experiences of my first marriage, in that situation with my family member, and in my subsequent reflections on them both, I came to understand boundaries ... what a healthy boundary is, why I needed to set them, and how I was to honor them *myself*. And in so owning—fully owning—my side of that street, I freed myself to walk down a different one.

Peace, Love, Joy,

Diana

