

STEP SIXTEEN



BOUNDARY BASICS

GROWING INTO POSSIBILITY

BOUNDARY BASICS

We often think of boundaries as something we do. We think *I put this line here and it shall not be crossed*. It is a rule we set. It is a wall we put up. It is something we do to control other people's behaviors.

And then what? Then they step over our walls. Then they cross the line. Then they do what we don't want them to do and we can't figure out why. So we move the line. We rebuild the wall. We curse. We swear. We argue. We fight. We can't figure out what went wrong!

The issue is with the common definition of boundaries that says boundaries are something we do, set, and place to control others. This can leave us angry, frustrated, and feeling out of control, for as much as we try we cannot control others! If others overstep those boundaries than we can take it personal and believe we are "setting boundaries" wrong or that we have to enforce severe consequences outside our comfort zone to get someone to behave the way we want them to behave. The real issue is not with others, it is with us.

CHANGE YOURSELF TO CHANGE YOUR BOUNDARIES.

Real boundaries, effective boundaries, healthy boundaries, are not about changing or controlling others. Authentic boundaries are about fundamentally changing ourselves, our shape, and our structure of the world. When we do this, we automatically react differently to people and their behaviors differently! It is the process of personal growth that creates those new lines around ourselves. We change first. Then the behavior we naturally allow in our lives from others changes. We can't change others! No matter how hard we try. We can only change ourselves. To set new boundaries we must change ourselves first. We grow and the result of that growth is new boundaries! It is not something we do before we grow. It is the end result of growth. We Grow into Possibility.

Have you ever lived, worked, or been friends with someone who just constantly complains? For years you listen. For years you console. For years you offer solutions and

help them out. You give them money, shelter, rides, take care of their children, and clean their houses. For years they continue to complain constantly about everything and everyone.

Massive amounts of time go by and you continue the dance with them. They complain. You rescue. They complain. You listen. They complain. You fix. They complain. You solve. They still complain! Years of this happens! You give solutions. They give back problems. No change. No growth. The same old dance continues. Then one day you just stop. You have had enough. That's it. You are done. No more giving money, no more listening to the endless whining, no more rescuing. You are just done and over it.

What changed? Did the complainer change? No! The complainer is still complaining just like they did the day before and the day before that. What changed?

You! You changed.

You grew in your ability to see the manipulation of the complainer. You became aware that the complainer was sucking your money, health, and energy dry. You saw that this person did not really want to change. You began to understand how toxic this person was to you. Maybe you grew and did not even realize it at all. You began to value your time and energy. You took a look at why you only had friends who liked to play the victim. You realized you liked to be the rescuer. You sat and did the inner work. You began to see that by rescuing others you felt in control. You knew letting go of friends with a victim story would make you have to let go of your rescue Story Personality! But somewhere inside of you, you wanted more. You wanted friends who helped you and were there for you in equal value. You were ready to let go of your rescuer identity to gain healthier relationships with the people in your life.

You grew. You changed! You did the inner work to be in a better space. And then one day, you were done. You did not know why. You did not know how. All you knew was one day you were done. Something had to change and you were the one who was going to change it.

You had Grown into a Possibility that was different than before. You changed your inside world and in doing so, your outside world changed too! You grew into a new awareness and a new way of living that no longer enabled this behavior in your life. You grew out of who you were into a new possibility of what you were to become.

I AM THIS. YOU ARE THAT.

This is a Boundary Basic. This is saying I am this, you are that, and whatever dance we played before is over. I am done. I am no longer the person who will continue to help someone who doesn't seem to want help. I will not allow that behavior in my life anymore. Nope. Not ever.

Now at this point, the complainer has a choice. They can change and still be friends with you, or continue the complaining and lose you.

Many people fear growth and change because once they have found a coping mechanism like complaining that really works for them they will not move on, grow, or change with you. What they are doing works for them and instead of changing or growing, they will simply find someone else to dance with them. They will find a new partner. You will be the one leaving the dance. This can be hard. Not everyone is going to grow and go with us on our journey to new possibilities.

SOME TINY HOUSES HAVE

GOOD BOUNDARIES. SOME DO NOT.

Have you ever known someone who will not let anyone treat them with disrespect? Who will stand up for themselves and others, no matter the cost? This person would instantly end a relationship if abuse occurred or a leave a job where harassment was the name of the game? They do not allow others to treat them badly. They walk away. They stand up and say, “Nope. Not worth my time. I am worth more.” They don’t fall for manipulators or abusers. They simply won’t stand for it. They are said to have good boundaries.

What does that mean? That means they were raised, or allowed, to be a person who can stand up for themselves. Their Building Blocks had clear cut permission to be! They learned they had the power to be treated well in life. When confronted with negative people who would attempt to disrespect them, they were told, “No. This is not how you are to be treated.” They were supported and honored by others around them. They did not just wake up one day and say, “You know, I think today I will set some good boundaries.” No! It was a result of years of being supported and respected as they grew. The walls of their Tiny House were built strong with boundaries of self-respect, honor, self-esteem, confidence, and kindness to self. They were allowed to set boundaries for themselves in childhood and carry on today in adulthood.

This does not mean if you were not supported, if you were disrespected, abused, neglected, or ignored in childhood that you cannot set and create good boundaries for yourself. No. It just means it is a process of inner change and growth that creates a person such as this. It is very possible for an adult to learn these behaviors and create healthy relationships and a healthy boundary filled life. But it takes the work of allowing change to be able to adopt healthy behaviors, to stop allowing the bad and to start allowing the good, to put yourself and what you need as a priority instead of being a doormat on the steps of society.

CHANGE YOUR OUTSIDES BY CHANGING YOUR INSIDES.

Have you ever seen a woman was been abused in one relationship get out and right back into another abusive relationship? And we wonder *How can this be? We’ve just rescued and helped her from one and she said she was done.... and now she’s with another?*

In order to truly change the outside, one must change the inside. What we allow in our lives is based upon what we believe to be true. If our only experience was abuse, then we create that as our reality. Why wouldn’t we? If we believe this is just the way things are or we deserve to be treated that way, then we will naturally gravitate towards a person who believes the same. That is our Tiny Town Belief and so we create it and live in it. That is until we experience and prove it to ourselves that there is another way.

Let’s say this woman being abused stops dating in between relationships. She stays single and focuses on her own self-care. She has a friend who has a healthy loving relationship. She sees the possibility for that. She begins to read books on self esteem. She joins a support group. She does some childhood inner work. She begins to see her patterns of victimhood. She finds these Strangers in Tiny Town tools to help her change her belief system and open to new possibilities. She faces her fears and busts through the Caution

Walls using her Perseverance Personality. She realizes she is afraid to be loved deeply because that would leave her vulnerable and the emotional wounds could hurt and scar her worse than any fist ever could.

She begins to treat herself better. She begins to live her own life. She steps out of her shell and learns to love herself. She develops a whole new group of friends who treat her with love and respect and always have her back. She smiles more, cries less, and has found a backbone she thought didn't exist. She meets someone. She starts a new relationship. One day this person calls her a mean name. It triggers the hurt from the past relationship.

What do you think she does? Do you think she believes him? Do you think she agrees with him? Do you think she allows it to happen without a response? Do you think she laughs it off? Of course not! She stops it.

She says, "No. It is not okay for you to treat me that way. I will not allow that kind of behavior in my relationships anymore." She stops it. She speaks her mind. Now he has a choice. He can choose to change or leave. She stands up for herself no matter the cost. She sets a boundary.

She says, "This is me. This is what I will allow in my life and around me. This is what I will not allow." And she is willing to let go of the people in life who would treat her poorly. She now knows she is worthy of love and does not need to just "take it" any longer.

She can only say that if she has changed her belief in herself and her life first. She can only do this if she has Grown into the Possibility that this new way of living is possible. She can only find that courage if she has experienced true love and respect and knows she will be okay. She can only stand up and say, "No," if she has done the Four Steps of Allowing, faced her Caution Walls, Busted her Blocks of worthlessness and fear using her Perseverance Personality. She did the inner work, and proven to herself she can survive outside the relationship.

GROWING OUT OF PEOPLE

The greatest obstacle that most people face in setting the boundaries of how others treat us, ie: what we will allow in our lives is the fear of that loss. We fear the loss of those people we love in our lives. This perfectly natural fear is very real. Not everyone is going to choose to grow and change and come with you on your new journey. Not everyone is going to support your new Story. Not everyone is going to cheer you on and be happy you are living a new life! There will be people who choose to get off your Train of Letting Go. Letting go of them takes courage. It takes strength. We can give them a chance to still be our friends, partners, family in our new lives, but it is their choice. Some may choose not to grow with us.

But? Then there are those who will surprise you in ways you never imagined! There will be friends who get off the train, ghost you, and leave your Tiny Town who show up ten years later, after having done their own work, and are totally ready to share your life again! There will be people you think are incapable of change who dig deep inside themselves and change their point of view just to keep you in their lives. There will be people who are growing silently next to you, only to reveal themselves at the last possible moment, ready to embrace you and your new boundaries.

Do not underestimate the strength of the human spirit to change. They say people don't change. They do, if they are ready to. They do. It just isn't easy! So go easy on those who are

trying to keep up with you. They are doing their best! Keep your boundaries, but send them love. They are also on their own Possibility Path and have a long way to go.

As we grow, we do Grow Out of People. That is true. But these people may still be in our lives. We may just have a different relationship with them! We may spend less time, or no longer allow them to be a romantic partner. Or, we may just know who they are and what their limitations are and know that we can love them but not be around them much. That is okay too. Whatever you need at whatever given time on your journey is okay. It can change! They will change. You will change. It will change. That is why it is called journey not a completion.

You are on a journey of self-discovery and as you discover yourself, you automatically set new boundaries. It is not about setting boundaries. You are a boundary! Yup! You are a boundary yourself!

WHO WE ARE IS A BOUNDARY!

Who we are intrinsically is a boundary! That is a Boundary Basic. The rest of the boundaries in life of what we will allow or won't allow good or bad stem from that. We are our own boundaries!

What we allow in our lives includes our inner dialogue, our beliefs, our stories, the people in our lives, and the behavior of others in our lives. We are not helpless. We are not incapable. We are capable. You are! You get to choose to do the work to change your life. You get to choose who you want to be and how you want to interact with the world around you! Take the First Steps and begin to Bust those Blocks. So who would you like to be today?

It is up to you! Your Tiny Little House walls are not set in stone, and even they are you can find a jack hammer and bust them wide open to rebuild new Beliefs in your life! You can! Yes! You can do this!

Do the inner work and your outer world will change as if by magic. But it isn't magic! It's natural. Boundary changes happen naturally, organically. As we do our inner work, we change. As we change, the boundaries of our Tiny Little House change. As our Tiny Little House changes, so too does our world. It is as simple as that. What we allowed before we no longer do. What we were afraid of before, we are not any longer. What we dreamt we could never do, we did. We build confidence, self-assuredness, and a solid foundation of tools in our toolbox knowing we can face anything that comes our way. That is the Path to Possibility! It is a simple step by step process.

But what happens after we change? Not so simple.

And that? Is next.

