

The Possibility Path Program
A Life Coaching Program based on
Book One: A Field of Possibilities through Jeannine Proulx
In tune with The WORLD Collective Consciousness

“Bringing Possibilities to Reality”

WEEK 16

Topic: Boundaries and the Brick House

Read: Chapter 16: Boundaries

Guided Visual Meditation:
The Boundary of You

For your Guided Visual Meditation, find a quiet space.

Play some quiet background music if you choose. And listen.

Have pen and paper or discussion questions handy to write down your insights as they are fresh in your mind. You may receive more insights as your mind continues to process the information, so keep an eye on your dreams, the changes in your life, and how you are feeling.

This chapter begins with the old idea of boundaries as a means to control or change another person. When, in fact, boundaries are about the inner changes we make that cause us to allow or not allow within ourselves and our own lives! We do not need to rely on other people to change to create the actions we wish to see in our lives. We may have to, however, let those who do not match our new selves off our trains and out of our lives as we stop doing the dances we have done for so long.

As you read the chapter and do the meditation, think about the people you admire who are doing, living, and creating what you wish to do in your life. What do they allow? What don't they allow? What behaviors do they have that you don't? Finding a possibility for our life as we grow and change into new people each day is the first step. Doing the steps to prove that it is safe to become this new person is the dance we can now do in our lives to create these new boundaries of self.

A Field Possibilities
The Possibility Path Program

CHAPTER 16
BOUNDARIES

We often think of boundaries as something we do. “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 others’ behaviors.

And then what? Then they step over our walls. Then they cross the line. 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 traditional definition of boundaries. The issue is not with them, it is with us.

Real boundaries, effective boundaries, healthy conscious boundaries, are not about changing or controlling others. Authentic boundaries are about fundamentally changing ourselves, our shape, and our structure of the world so that we automatically react differently to people and their behaviors.

It is the step by step process of allowing that creates those new lines around ourselves.

Just like “Fake it until you make it.” the first step in allowing new growth is trying out new things, new places, new clothes, a new haircut, job, or relationship. We act as if to experience it and then the experience changes who we allow ourselves to become and what we will allow in our lives. It is not a matter of control. It is not a matter of changing someone else. It is a natural result of growth.

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. 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. All you knew was one day you were done. Something had to change and you were the one who was going to change it.

That is a boundary.

That 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 system 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.

As we continue to grow, we must let the people off the train and out of our lives that are not growing with us, who are not learning a new dance. As we let in the new healthy behaviors, we naturally let off those people who do not match those new behaviors. It is not forced. It is not coerced. This is how healthy boundaries are formed.

Ironically it becomes easier to let go and move on from those people the more comfortable we are doing the inner work. It is sad. There is grieving to be done, but once the boundary is set, there is no going back. A true boundary is not artificial. It is not something we do or set up. It is a result of inner growth and change. It is a result, not a cause or a motivator.

Have you ever known someone who won't 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 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. They learned they had the power to be treated well in life. They tried through experience to confront and deal with negative people who would attempt to disrespect and they were supported and honored by others around them when they did so. They did not just wake up one day and say "Ya 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.

This does not mean if we were not supported, disrespected, abused, neglected, or ignored in childhood that we cannot set and create good boundaries for ourselves so that we too can be respected. No.

It 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 full 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.

Have you ever seen a woman who has 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 we are not worth anything and deserve to be treated that way then we will naturally gravitate towards a person who believes the same. 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 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 faces her fears and busts her blocks. 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 acknowledges that she even felt superior whenever he hit her because she knew she would never stoop so low. 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 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.”

She can only do that if she has changed her belief in herself and her life first. 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 steps, done the inner work, and proven to herself she can survive outside the relationship.

Do you know it is possible to be calm and still inside, even if you are in prison? Even if you are being tortured? If you have at the core of you, not just the belief, but the knowledge that you are free no matter what, you can.

The knowledge that we are loved, honored and respected not just by others, but by ourselves can set us free, no matter what prison the physical body might be in. That is a boundary!

Who we are intrinsically is a boundary! 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!

So who would you like to be today?

A Field Possibilities
The Possibility Path Program

Chapter 16: Boundaries

Group Discussion or Personal Journaling Questions:

Go around the room and share one at a time your experiences as you wish to share them. Questions are just starting points. Just share what you experienced and the insights you are receiving about yourself on this subject. Make sure each person gets a turn. After each person gets a turn you can then open it up for a general discussion. Write here or in a journal.

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand, or realize things about yourself that are not in the questions. Allow. It is your meditative time. It is your program. It is your inner wise self. Go where the journey takes you!

Chapter 16: Boundaries

Where in your life do you feel like you are being pulled in a million directions?

What did it feel like as you build your brick foundation and house of me?

Who or what is in your house?

Who or what appears as someone who destroys the house?

What are you to do, look at, or grow to take back your house and be healthy?

What does boundary mean to you?

The Possibility Path Program

*By entering this program you understand that this is a **one time personal use** of this copyright material and should not be shared with anyone who is not in this program.*

Because this is a personal development program, please understand the importance of keeping this material private within the group or your coaching time with Jeannine.

*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

Please direct any professional questions to Jeannine at jeannine_proulx@yahoo.com