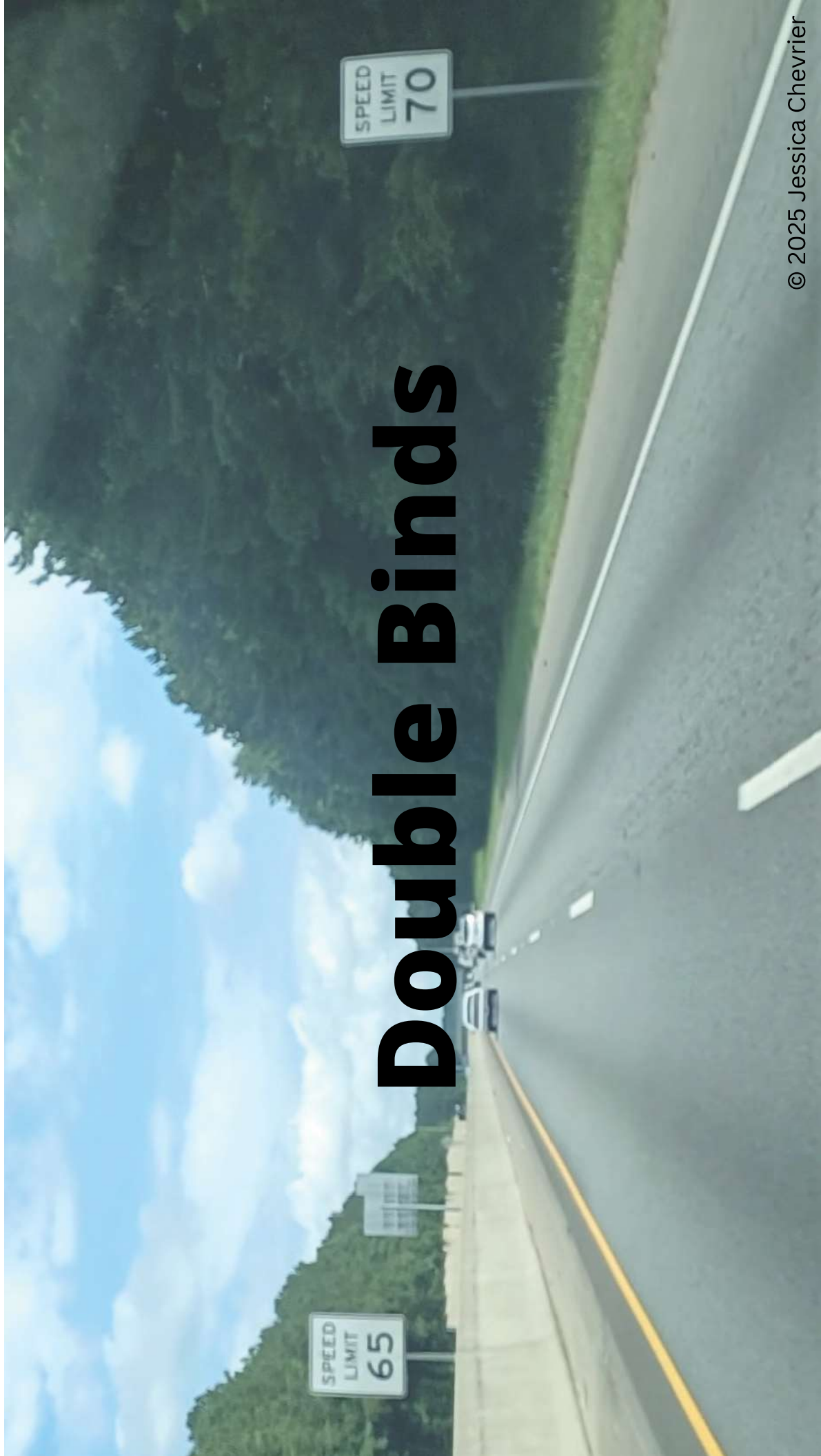




You are the only thing
you can control.

**4. Boundaries can only be
about your behavior and what
you will do in a situation.**

Double Binds



**5. Boundaries disrupt the
status quo and change
systems. When systems
change discomfort is normal.**

Discomfort

- Important data “slow down!”
- Short-lived, intense moment
- Can signal growth, learning, or change
- While uncomfortable, fundamentally safe

Harm

- Violation of someone else’s safety (emotional, physical, relational)
- Undermines well-being and trust
- Leaves a lasting impact with painful consequences

**6. You cannot caretake for
someone's feelings and
enforce your boundary at the
same time**



You do not need to:

Justify
Argue
Defend
Explain

**7. Boundaries with yourself
may be just as important as
boundaries with others.**





**TEXAS LAWYERS'
ASSISTANCE PROGRAM**
Confidential. Respectful. Voluntary.

NEW: TYLA ATTORNEY WELLNESS HUB

NEW: FREE 1-HOUR CLE ON DEPRESSION AND SUICIDE PREVENTION



CALL OR TEXT 1-800-343-TLAP (8527).
GET HELP WITH SUBSTANCE USE AND
OTHER MENTAL HEALTH ISSUES.

SHOULD I GET HELP?

TLAP SUPPORT TOOLBOX

STRICTLY CONFIDENTIAL (READ STATEMENT).

HOME

WHAT WE HELP WITH

WHO WE HELP

OUR TEAM

SUCCESS STORIES

CONTACT US



8. You do not owe people an explanation for your boundaries, however people who you can trust to have hard conversations with may be worthy of one

**There are no injury-proof
relationships... But you
can dance with greater
verve and panache if you
know you can recover
when you step on each
other's toes.**

Dr. Sue Johnson

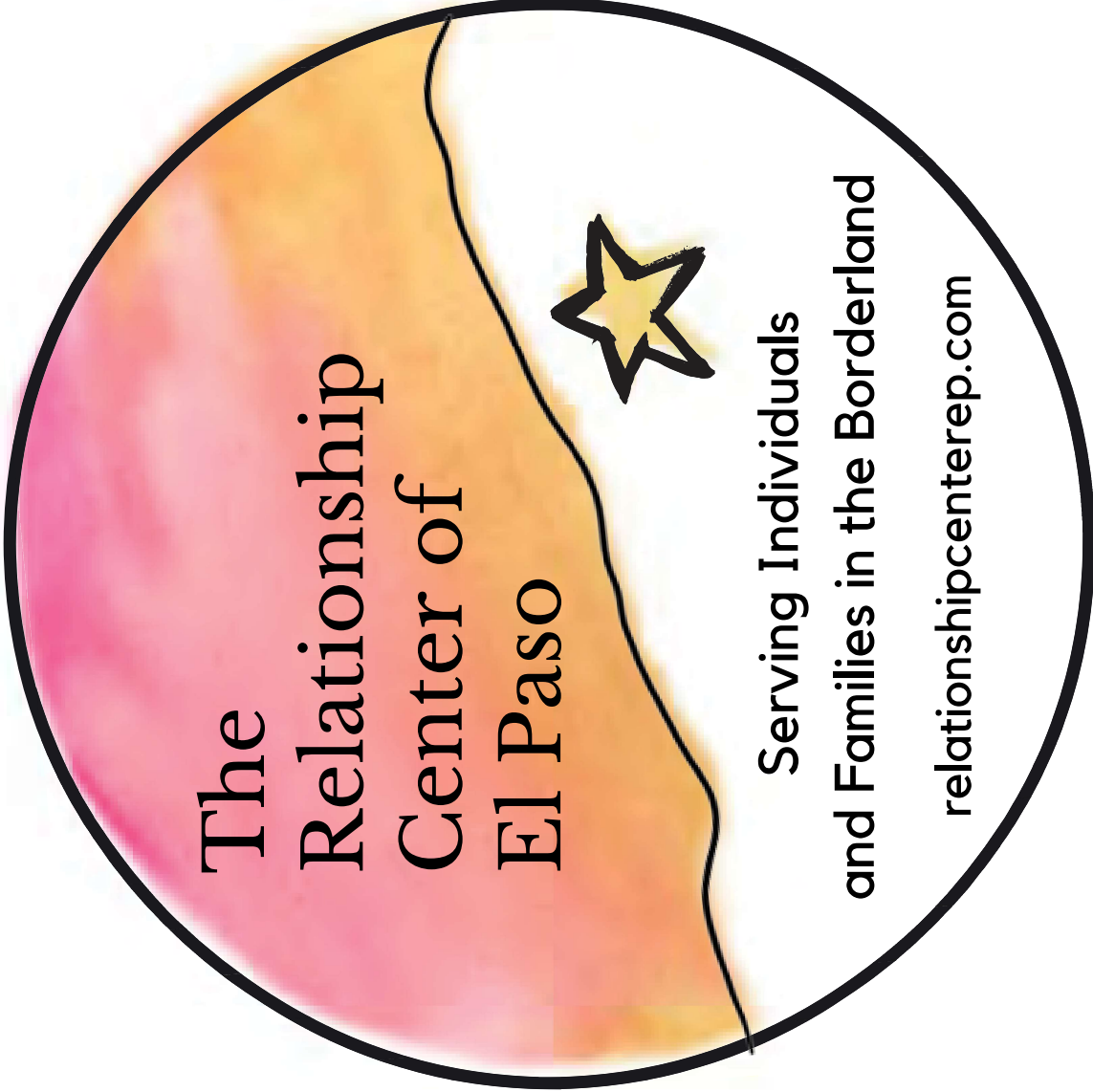


**9. Executing your boundaries
should come from a place that
honors your integrity and the
humanity of all parties (you
included)**

A woman with long brown hair, wearing a dark grey suit jacket over a white shirt, is shown from the chest up. Her hands are raised in front of her, palms facing forward, in a gesture that could be interpreted as emphasis or surrender. The background is a blurred indoor setting with light-colored walls and a wooden door frame visible on the left. Overlaid on the image is the text "Say what you mean and mean what you say" in a bold, black, sans-serif font.

**Say what you mean and
mean what you say**

**10. You are allowed to be
imperfect, and as you are right
now, you do not have to feel
guilty for being human.**



The Relationship Center of El Paso

Serving Individuals
and Families in the Borderland

relationshipcenterep.com

References:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Brown, B. (2018). *Dare to lead*. Vermilion.
- Burn-out an “occupational phenomenon”: *International Classification of Diseases*. (n.d.). Who.Int. Retrieved March 18, 2022, from <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>
- Cloud, H., & Townsend, J. (2017). Boundaries: When to say yes, how to say no to take control of your life (Updated & expanded ed.). Zondervan.
- Covey, S. R. (2004). *The 7 habits of highly effective people: Restoring the character ethic* ([Rev. ed.]). Free Press.
- Hanson, B. G. (1995). *General systems theory beginning with wholes*. Washington, DC: Taylor & Francis.
- Johnson, S. M. (2008). Hold me tight: Seven conversations for a lifetime of love. Little, Brown and Company.
- Johnson, S. M. (2019). Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples and Families. Guilford Press.
- Tawwab, N. G. (2021). Set boundaries, find peace: A guide to reclaiming yourself. TarcherPerigee (an imprint of Penguin Random House LLC).
- Texas Lawyers' Assistance Program. (n.d.). TLAP Helps. Retrieved March 18, 2022, from <https://www.tlaphelps.org/>
- Urban, M. (2023). The Book of Boundaries: Set the Limits That Will Set You Free (p. 384). Random House Publishing Group.
- Watzlawick, P., Weakland, J. H., & Fisch, R. (2011). *Change: Principles of problem formation and problem resolution*. WW Norton & Company.