

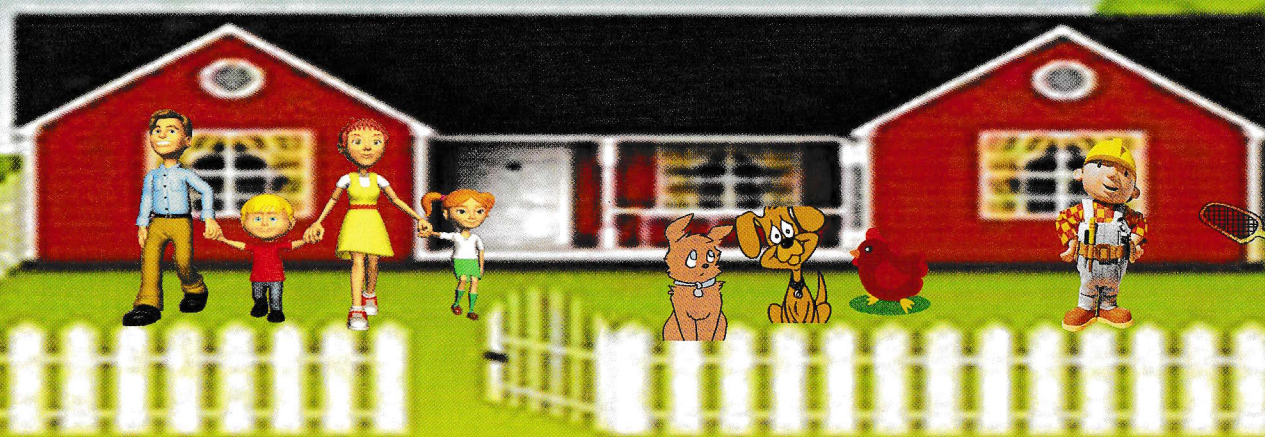
No one has control over you unless you give it to them. Therefore, who has the control. You do!

Kids or How Many You Should Have

Personal Body Space

House Color

Hobbies



Cars You Should Drive

Feelings

Pets

Career

Likes or Dislikes

Boundaries are healthy and dictate where one thing ends and another begins. Think of a house with a fence. The fence is the boundary and everything in it belongs to you. No one has a right to comment or give an opinion on what lies within your boundary unless you invite them to do that. For anyone to control what is within your boundary is trespassing. Boundaries keep the bad out and the good in. Your skin is a boundary. It keeps germs out and organs in. A parking space is a boundary. Day and night are boundaries or where something begins and another ends. The ocean and shore are boundaries. No one outside of your boundary should tell you what to think, feel, want or do with your stuff if you are an adult. What a person thinks, feels, wants, like, etc. is who they are as a person. To negate or shame people for those things is controlling and devalues them as a person. Many times we negate a person's feelings thinking we are helping and it is really throwing gasoline on a fire, not putting it out. For instance, to tell someone they are "pretty" when they struggle with self image has an unspoken message of "You have no reason to feel the way you feel. I don't accept your feelings". This negates how the person feels instead of validates as you try to explain away uncomfortable feelings in an attempt to "fix" the other person. It is an attempt to control the thoughts of another in order to make the feeling go away. It never does. Men have a desire to fix things instead of just listen, which feels controlling to a person who just wants to be listened to and not fixed. This causes the person to stuff those negative feelings and you become "unsafe" to talk to, no matter how well intentioned you are, until all those stuffed feelings erupt like a volcano in a crisis. Feelings are not right or wrong and should not be judged. For someone outside the fence line to comment on what color you should paint your house, how many kids you should have, what pets you should own, what you should do for a living, how you should think, feel, want or what hobbies you should have is crossing a boundary or line and a boundary must be established with the person in order to have healthy relationships instead of controlling disfunction. When you start to set boundaries with someone who has run amuck, trespassing all over your yard, they will feel like you are controlling them when in fact you have set a healthy boundary and put a fence up around what belongs to you with a no trespassing sign and they can only come in when invited. A person without good boundary setting skills feels like their life is out of control because everyone or everything else dictates who you are and what you do. Boundaries change as a child moves into adulthood.