



BADA\$\$ BOUNDARIES:

HOW TO SET A BOUNDARY WITH A TOXIC PERSON WHILE ALSO SUPPORTING YOUR HEALTH

Setting and holding boundaries are one of the most important things we can do to support our body on the path to recovery from chronic illness. In this guide, I share 4 important steps to help you finally set and HOLD that boundary with a toxic person!

FLEX THE MUSCLE...



We've all been there...

We KNOW we need to say "No" to someone and set a boundary, but it is SO difficult. Maybe the person is really persuasive, manipulative, or they have a really strong personality. Maybe it's "All of the above..."

I've got some good news for you - if you're already living with chronic health issues, you are incredibly strong. You can TOTALLY do this. Here's how...

STEP #1: SPEAK YOUR TRUTH

First, **identify one area where you want to set a boundary.** It may be waiting a day (or days) to respond to their text, or telling them you can't make a certain gathering.

Before implementing the boundary, be upfront, and tell them, "I need some space right now to prioritize my health. Therefore, I'm going to wait a day (or days) to respond to your text." Or, "I'm not going to make the gathering. I'm trying to prioritize my health, and need some time to myself."

Why do notify the person of the boundary rather than just randomly going silent? When we are forthcoming, they are more likely to respect the boundary and give you your space.

This content is for information purposes only. Seek help from a therapy professional if you require additional support.

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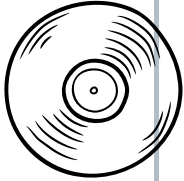


STEP #2: SET AND HOLD THE BOUNDARY

Since you're already told them that you're going to set a boundary, now it's time to SET and HOLD it.

A few things to expect: they will test you. Many toxic people behave like small children. They will test you to see if you REALLY mean what you say. They are also often used to getting their way. However, that is NOT your problem. You are focused on prioritizing your health, and there is NOTHING wrong with that.

Be ready to be a broken record by saying, "No." If (and when) they attempt to intrude on your boundary, hold your ground. As an example, wait the day or so to respond to their text - like you said you would. Eventually, they will get it. If they don't, there are other steps you can take such as blocking them. Yes, that is necessary at times, when people won't respect the boundary.



YOUR MANTRA:
"I NEED TO DO WHAT'S BEST FOR MY
HEALTH AND HEALING."

STEP #3: HAVE COMPASSION FOR SELF

You are trying something new and it can be HARD. Boundaries take practice. **Speak kindly to yourself - "I know this is a lot. I'm really proud of you. You're doing awesome! Keep it up!"**

Allow yourself to slow down . Plan something nice and soothing as self care - get outside, meet a supportive friend, read a good book, or watch a funny movie.

Try to distract yourself (in a healthy way) so you're not ruminating about setting the boundary.

STEP #4: LEAN INTO ANY DISCOMFORT

You will likely feel a mix of emotions - relief, sadness, anger (that you didn't set this boundary sooner!) and everything in between. **Whatever you feel is valid.**

Like a baby that is just learning to walk, you are using (boundary) muscles that you haven't used before. It will not be perfect, it may be messy, and that's totally okay.

It's okay to feel uncomfortable using your voice and speaking up for yourself. **You are trying and that is to be commended.** If you fall off the boundary horse (so to speak) try again. This is not one and done. It takes practice.

Get out your journal and write about whatever you're feeling. Talk with a trusted friend.

Also, if things seem too overwhelming, seek a trusted therapist for additional guidance.

You are not alone on this journey!



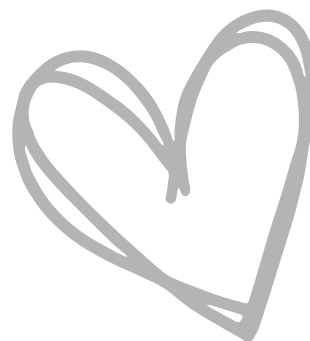
FINAL THOUGHTS

Hurray! You set a boundary. You should feel very proud of yourself! That takes immense courage!

Keep at it! The payoff is your health!!!

Remember:

- 1) Speak Your Truth
- 2) Set and Hold the Boundary
- 3) Have Compassion for Self
- 4) Lean Into Any Discomfort



If you'd like some additional help navigating your chronic illness journey, by focusing on what really "moves the needle" when it comes to our health, head to bravelytogether.com to get started.