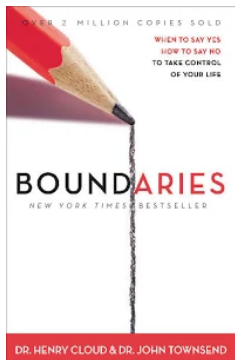


LeaderCare Resource

Episode 6: Boundaries – Part 3

Recommended Resource for Further Study:



Boundaries: When to Say Yes, How To Say No to Take Control of Your Life

- by Dr. Henry Cloud & Dr. John Townsend

How Do We Set Healthy Boundaries?

1. Know and accept that boundaries are healthy.
2. We have to be honest about the boundaries that we need.
3. When we communicate our boundaries, we need to be:
 - a. Kind
 - b. Clear
 - c. We might need to repeat
 - d. Close with the question - do you have any questions about that boundary, or do you understand what I am saying? Can you repeat back to me what you heard me say?
4. We listen to other people's needs.
 - a. Listening does not mean that your boundary is inherently wrong or needs to be removed.
 - b. If a boundary is not received well, vet the boundary through the following:
 - i. Consider why we set the boundary? Look inward first.
 - ii. We have to be OK with the person not receiving our boundary well. We have to be OK with someone not being OK with us.

5. Analyze and adjust boundaries as needed.

Reflection Questions:

What stood out to you from today's episode?

Happy Vetting!

If you would like to have further discussion about anything that you've heard during this
LeaderCare series so far, please reach out to us!

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