



When Boundaries are Crossed

Forecast a specific trigger that is likely to spark thoughts that lead resentment in you:

How could knowing this about yourself help you offer the same to someone else?

What is a boundary you can set for yourself for this and similar situations?

This week, we are going to give your future self a gift.

The gift of a thoughtful boundary, and rehearsing staying in emotional adulthood with it:

<i>Dear Future Tyra,</i>	
Value or quality that you love about yourself or your life and will protect with a boundary	Time dedicated to a hobby
Why is this value or quality important to you?	It represents a side of me that is almost never seen - it's fun, mindful, and I just truly enjoy it
Boundary you will set to protect this value	Schedule a 4-hour block of time once a month, tell my husband, put on my calendar, and follow through
What is the biggest threat to this boundary? What is a touchstone thought to go to in this event?	Biggest threat is my thoughts about my family viewing this as selfish. That one I can have a touchstone thought to go to ("it could be more selfish to ignore my creative side"). Other threats include social engagements, kid activities, or other time pulls
What will you do if the boundary is pushed, threatened, or broken? <i>(What is the "consequence" you will enforce?)</i>	I will block my calendar and pretend it's as immovable as a work activity
<i>Love, Present Tyra</i>	



When Boundaries are Crossed

Your turn!

<i>Dear Future Self,</i>	
Value or quality that you love about yourself or your life and will protect with a boundary	
Why is this value or quality important to you?	
Boundary you will set to protect this value	
What is the biggest threat to this boundary? What is a touchstone thought to go to in this event?	
What will you do if the boundary is pushed, threatened, or broken? <i>(What is the "consequence" you will enforce?)</i>	
<i>Love, Present Self</i>	