



How to set Healthy Boundaries

Discussion and Questions
Woman Worriers Podcast [Podcast #1](#)
Respecting your own Boundaries [Podcast #2](#)

Did you have a favorite Podcast? If so, why?

1. Podcast #1 Woman Worriers

- **What happens when we don't set boundaries**
 - Becoming overwhelmed
 - Resentment and frustration towards others

- **Do you think women have a hard time setting boundaries?**
 - Culture/ socialization makes it harder for women to set boundaries
 - Viewed as being mean and hurtful to others & facing retribution
 - When something is off in one area it tends to spill into other areas of their lives
 - Negative media representation

- **How are worry, anxiety and lack of boundaries connected?**
 - People with anxiety = harder to set and stick to boundaries
 - Because of overthinking, getting caught up in headspace, assuming what other people think about them

- **How do I set boundaries without feeling overwhelmed?**
 - Helps determine what YOU need, & what's good for you
 - Take a step at a time - focusing on setting boundaries in one area

2. Podcast #2 : Respecting your own Boundaries

- ***What are your feelings about the following quotes:***
 - ***“I’m more concerned with pleasing them than fulfilling me”***
 - ***“Pay attention when people react with anger and hostility to your boundaries, you have found the limit where their respect for you ends”***
 - ***“When someone oversteps your boundaries, they are letting you know that what you want doesn’t matter”***
 - ***“I didn’t set this boundary to either offend or please you”***
- **No is a complete sentence**
- **Are your actions showing respect for your boundaries?**

“Others people's happiness is not my responsibility. I have a right to express how I feel, I do not have to put other people's needs above my own. I deserve to maintain my values in spite of what others want. I have the right to say no, and not explain myself. I define what is true for me... not other people. My needs and wants deserve to be expressed. I am worthy of respect and care. I am allowed to choose my peace above all else ”.