

# Rosario Counseling & Associates



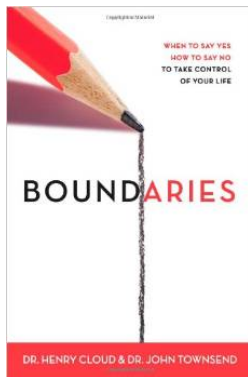
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AUGUST 2014 NEWSLETTER

## Setting Healthy **BOUNDARIES** in Your Relationships!

- **Do you feel constantly criticized by a spouse or parent?**
- **Do you feel overworked and under-appreciated in the workplace?**
- **Do you feel ignored by your friends or children... until they need something from you?**
- **Do you feel unable to say "no" to the constant requests for time and/or money?**

Regardless of the circumstance, many of us struggle to set healthy boundaries with those around us. Doctors Henry Cloud and John Townsend, authors of the Boundaries series, explain boundaries as defining "what is me and what is not me." We are all responsible for our thoughts, emotions, attitudes, and behaviors; however, we are *not* responsible for anyone else's. By focusing on what we have control over and refusing to take responsibility for the things that are outside of our control, we are setting a boundary.



Choosing our words and how we communicate is vital to setting healthy boundaries. Learning to say "no" and not feel guilty about it can be life-changing to those who always want to please others. In parenting, words help create boundaries of behavior-what is acceptable and what is not. In marriages, words communicate needs that will hopefully leave both parties feeling respected and satisfied in the relationship.

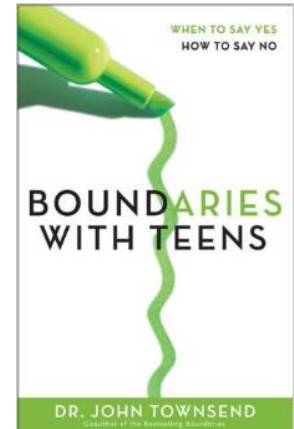
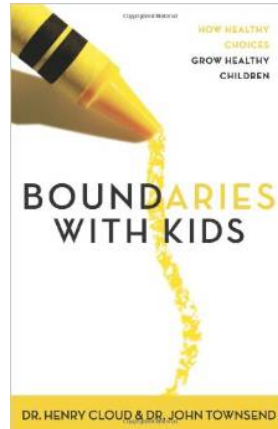
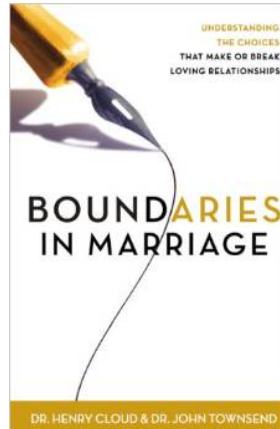
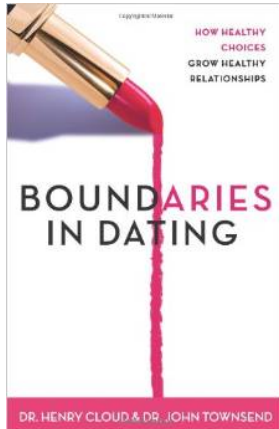
A few other examples of boundaries, as outlined by Cloud and Townsend, are time, truth, geographical distance, emotional distance, other people, and consequences. When we use these tools appropriately, we are able to create balance in our lives and stop living out of guilt, pressure, or obligation. Healthy boundaries allow us to take ownership of our lives and develop more secure and satisfying relationships with those around us.

If you feel that you are struggling to set boundaries in your relationships, our

experienced therapists can help.

Please call our office at **(919) 649-5882** to schedule an appointment.

**Dr. Henry Cloud & Dr. John Townsend are the co-authors of the Boundaries series, including:**



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