
@nowletsgetgoing

BOUNDARY SETTING

GUIDE & WORKSHEET + VLOG

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INTRODUCTION

SETTING BOUNDARIES

First things first - GET MAD

I'm not joking. Get mad. Get pissed. Get irate. Experience rage at all the ways you have been wronged, been taken advantaged of, been mistreated.

Scream, yell, cuss like your mamma ain't watching, wail, weep, cry. Experience that anger in all of its forms, in all of its rawness.

Anger is the most complex emotion because it encompasses several different emotions. Its sadness, disgust, jealousy, lust, resentment.

But on the other side of that anger lies truth - who we are, what we want, and what we are denying ourselves of.

So get mad but then **release it**. Now, find a quiet place, grab your journal, and let's get going.

KNOW THIS



Asking, no, **demanding** that your needs be met is not selfish or wrong.

You **do not** have to weather every storm.

You **did not deserve** the bad treatment that brought you to this boundary.

Courage is gained on the other side of facing adversary.

You are worthy to receive comfort, peace and freedom.

AFFIRM IT



I am worthy of my needs, wants and dreams.

I am ready to advocate for my highest and greatest good.

THE HARD BUT

IMPORTANT QUESTIONS



Do I feel safe (both physically or mentally) in this situation?

The three words I would use to describe how this situation makes me feel are.

What are my insecurities in this situation?

What triggers these insecurities?

How is this situation affecting other parts of my life?

Is this something I can endure long term?

What makes me feel powerful?

What makes me feel supported?

What makes me feel vulnerable?

What in life makes me nourished?

What in my life makes me feel depleted?

THE HARD(ER) PART

ENERGETIC OWNERSHIP



How am I giving up or forfeiting my power?

How am I selling myself short?

How am I expressing feelings of anger, resentment or frustration towards this issue?

THE FORMULA

Setting the boundary comes in all different forms but here is a framework I use.

First, **set up a time to talk** - I would encourage you to dictate **when and where**.

Be proactive about this so you can harness more power.

Prepare to address **four** things (Journal them out)

1. What happened that sparked this new boundary
2. How is that situation currently effecting you
3. Establish your boundary
4. Discuss next steps/action items so that the boundary isn't crossed

Case Study Example

At work, there is an unwritten expectation for me to confront erratic and unsafe folks suffering from addiction. After a particularly dangerous incident, I decide it's time to finally set a boundary. I set up a meeting via Google Calendar. During that meeting I discuss the following after journaling and meditating about it:

1. I provide details about previous and the most recent interaction with these unsafe person/persons.
2. I discuss how unsafe, and triggering being asked to deal with these interactions are.
3. I inform my employer that I would no longer be interacting with people who make me feel unsafe.
4. I suggest hiring security or establishing a new protocol

**IT AIN'T
EASY...**

Boundary setting is **scary** because the person you are communicating with may not (or cannot) abide by your boundaries.

Their willingness to comply may seem like the biggest factor here but remember **it is not**. Your ability to speak your truth is the biggest factor. Your highest and greatest good is the biggest factor in all situations.

Making your standards and desires known is the most important part of setting a boundary. Their reaction is secondary.

AFTER SETTING THE BOUNDARY

Don't let up - Do not slip back into old patterns that did not serve you. Continue to be the squeaky wheel for yourself. The more you set boundaries the easier it will become to do it in the future.

Check in with yourself - Keep going back to the first set of questions. The more you know the more you grow.

Know when to call it quits - If something is no longer serving you, make a graceful exit. When someone refuses to abide by the boundary, make a plan to leave or not depend on them heavily.

THE REAL REAL

Boundary setting is **energetic**. When you hold on to the anger or resentment associated with unspoken boundary setting you are **holding onto too much energy**. Setting boundaries allows for energetic exchange where the person you are dealing with knows what they can and cannot get away with. Thus, unburdening yourself.

NON-VERBAL BOUNDARY SETTING



Distance - Taking a step back from a person or situation can help you regroup and establish a boundary.

Reclaim your time - The time we spend with or helping others is sometimes taken for granted. Fill up your schedule or make yourself less available.

Withdrawal your energy - Every situation does not require your full attention or energy. If you want to set a boundary, stop exposing your energy to things you no longer agree with.

REMEMBER



Putting yourself first is not a betrayal or selfish. Choose your peace every single time. This is the key to self-love, self-care, and self-healing.

JOYFUL ENERGETIC REMINDERS



Work with your solar plexus chakra (Manipura) - The solar plexus, located near the belly button, is the energy center of personal power, movement, and confidence. To ask for more, you must believe you are worthy of more.

While meditating, breathe deeply into your diaphragm - feeling your stomach rise and contract with each breath. Picture warm yellow light fill up your belly with every inhale and exhale. Rub your stomach as you do this. On your last three inhalations and exhalations, repeat the affirmations below:

"I am worthy of my wants, needs and dreams."

Practice radical self-love and self-patience - Boundary setting is not easy. Do not beat yourself up for delaying tough conversations or not coming across as super strong or assertive. Instead, be patient with yourself and give yourself the time and tools to succeed.

"Speak the truth, even if your voice shakes."

Believe your heart, believe your instincts - Sometimes our bodies, hearts, and intuitions know that we need to set a boundary before our brain can give us words. Listen to body and believe your instincts. Get quiet and ask yourself what's wrong. Be prepared to sift through many emotions. Keep digging, keep journaling.



IT IS MY HOPE

That this worksheet and guide helped you set boundaries and live your most ICONIC life. If you would like to set up a one-on-one session please do not hesitate to reach out!
sola@nowletsgetgoing.com | @nowletsgetgoing