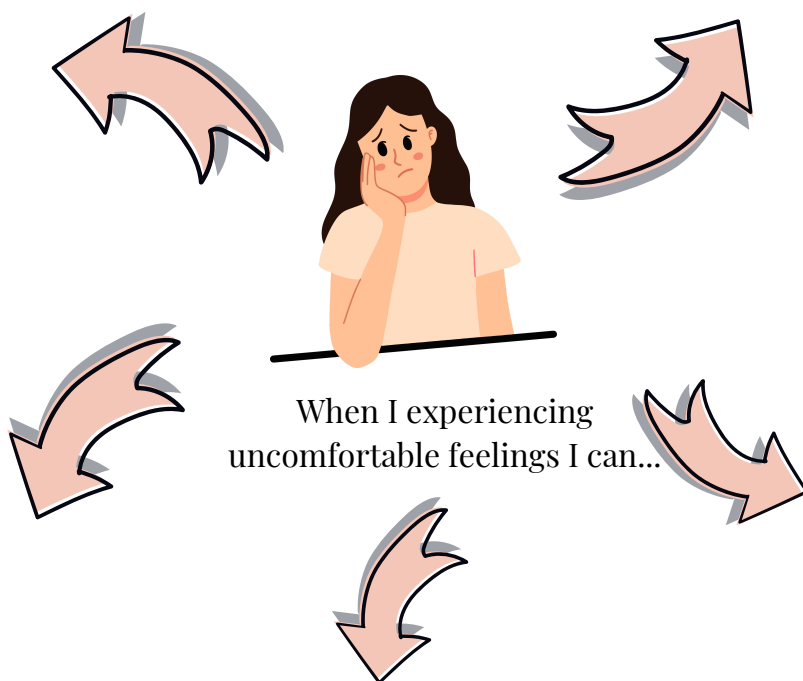
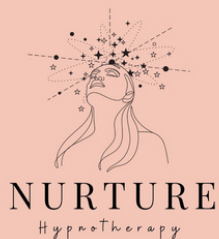


Managing Uncomfortable Feelings After Setting a Boundary

It is entirely normal to feel discomfort after setting a boundary, especially if you are not used to setting them. because you are sensitive you may also anticipate the feelings that they other person might have. The main point here is not to back track on the boundary that you have put so much effort into setting...thus undoing all your hard work.



Examples here might include....speak with a friend, get outdoors, remind myself that my thoughts are separate to me, remind myself of why I am setting the boundary, do some of my favourite self soothing activities.



Uncomfortable Feelings – Cont.

Guilt

It is entirely possible to feel guilt even when you have done nothing wrong. If you feel guilty it could be because setting boundaries is new to you. Remember you are not responsible for the way others feel – you are responsible for your own needs expressed in a firm but kind way.

Sadness

As a sensitive soul you may anticipate the feelings of others and feel sadness about 'letting them down' or 'disappointing' them. Uncomfortable feelings are part of everyone's life – you simply cannot please people all of the time AND maintain your own happiness. We may also be anticipating these feelings incorrectly because of the sensitive lens we see the world through.

Regret

Boundaries are not a bad thing – you may need to reframe the way that you think about boundaries. Most HSP's love genuine connection – it is only by having boundaries that you can show up as your authentic, genuine self. Think about showing up for someone when you really don't want to be there – will you be at your best...is it genuine? when you set boundaries you are effectively giving others your best self and this can maintain and strengthen relationships.

Of course there will always be that one person who cannot respect your boundaries...there is a saying that the only people who have problems with your boundaries are the ones who benefitted from you having none. Sad as it may be some relationships may fade away...think of this as making space for more authentic & healthy relationships.