**You’ve Got This by Tracy Becker**

Eric asks: My wife is talking a lot about personal boundaries, what does she mean?

Thank you for asking Eric.

Boundaries are personal limits that allow me to love, work with or live with you without resenting you, and to openly give to you and receive from you without compromising my own integrity or level of healing.

Boundaries are an essential key to personal empowerment, helps us to collaborate, allows us to respect our own wounds and limits while maintaining your intention to be loving.

It is impossible to not have boundaries!Choosing to be aware of your limits frees you to work effectively and behave lovingly toward others even in the presence of your unhealed wounds.

Acts of self-protection are not boundaries. Examples of self-protection are: denying your wounds; blame; expectations; shame; control; confusing; indirect; rigid; irresponsible; withholding love; power struggles.

Benefits of Boundaries allow you and others to address your own wounds; be responsible for your pain; accept other’s choices knowing this could deteriorate the relationship; respectful; compassionate; clear and direct; flexible and responsive; enhances loving behavior; liberating, enduring and powerful; resolves power struggles; empowers; self-respect; lack of resentment; lack of victimization and good solid collaboration.

Risksin having boundaries: if you disregard boundaries the price you pay is **RESENTMENT**. Resentment deteriorates relationships and steels life force energy and spiritual resources. The secondary risk is finding out the truth about the relationship is different from your fantasy of it.

What keeps us from creating, setting and keeping boundaries: Playing the victim; Insufficient emotional healing; Lacking self-awareness; Codependency (covered in a previous article); Fear others will lie to you, fool you

Recipe for creating boundaries: Know how you feel and be willing to state it in a matter of fact way; Know your positive intention; Create an action plan; Repeat until you elicit cooperation, or end the relationship.

I sure hope clear things up for you, Eric. As you can see, they are very important for healthy relationships to grow and evolve. All the best!