

# Setting Boundaries is a Healthy Habit to Start

## **Show Notes:**

So many experts and research on child growth and development would emphasize the significant role of primary caregivers in an individual's holistic development. They can influence a child's physical, socio-emotional, and mental aspects, among others. Children's interactions with caregivers shape their childhood experiences and lead them to form narratives in their minds that later on become their ideals and beliefs as adults.

Take a moment and reflect. How were you treated as a child? Were you allowed to take space in the household and speak your mind? Have you learned to acknowledge your emotions and express them without the fear of disappointing others? What narratives were you made to believe that molded you into the person you are now? These are just some of the questions you can ask to evaluate how your interactions through the years have allowed or hindered you to set boundaries in your relationships.

Nonetheless, there is no justification for abuse and violence; whatever your past is or no matter who you are at present, it is not your fault if you are trapped in an abusive relationship. Your difficulties in setting boundaries should never be used as an excuse or reason to treat you unfairly. However, since you can only control your own actions, realize now that it is never too late to break down the walls you have built to protect yourself; and instead, learn to set some healthy boundaries that will allow you not only to heal but to improve your relationship with yourself and others.

## **Healing Points of This Episode:**

- There are different types of boundaries – physical, mental, spiritual, and emotional.
- When we fail to set boundaries, we start minimizing our individual needs.
- The cycle of not setting and respecting boundaries can be perpetuated into every relationship in our life.
- You sometimes get to a point where not only do you accept your boundaries being violated, but you also lose hope if they are even considered.
- There are unhealthy and healthy boundaries that you can reflect on depending on where you're at in the healing process.
- Healing is not linear.

## **Words of Healing:**

- Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others. – quoted by Regina Marie from Instagram
- Boundaries are extremely important for healthy relationships and they're a huge part of the healing journey for many of us, yet they are something many people struggle with. – Regina Marie
- As you express, so you experience. – Regina Marie
- Toxic people view boundaries, or you setting boundaries as if you are holding a grudge. – Regina Marie
- Their decision to either better themselves or not has no direct correlation or reflection about your own worthiness. – Regina Marie
- Loving someone who isn't good for you doesn't mean you have to keep them a part of your life. It also doesn't mean that one day they can't better themselves. It's not our responsibility to make sure they feel a certain way or to fix them. – Regina Marie
- For those struggling to set boundaries, just remember no one ever said that you had to face this on your own. Just do your best one boundary at a time. – Regina Marie

## **Resources Mentioned:**

- [Boundaries: When to Say Yes, How to Say No to Take Control of Your Life](#)
- [Kylie Morgan - Independent With You](#)
- [Beyoncé - Best Thing I Never Had](#)
- [Alanis Morissette - Uninvited](#)
- [Faouzia & John Legend - Minefields](#)
- [Anson Seabra - Walked Through Hell](#)

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