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# Creating Healthy Boundaries

with Supervising Hoffman Facilitator Matthew Pruen

**zoom**

Zoom ID : 862-5864-9130

Wednesday 8 July

7.30-9.00pm UK

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# Welcome

## What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Matthew Pruen, and will focus on Creating Healthy Boundaries.



## What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

**As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.**

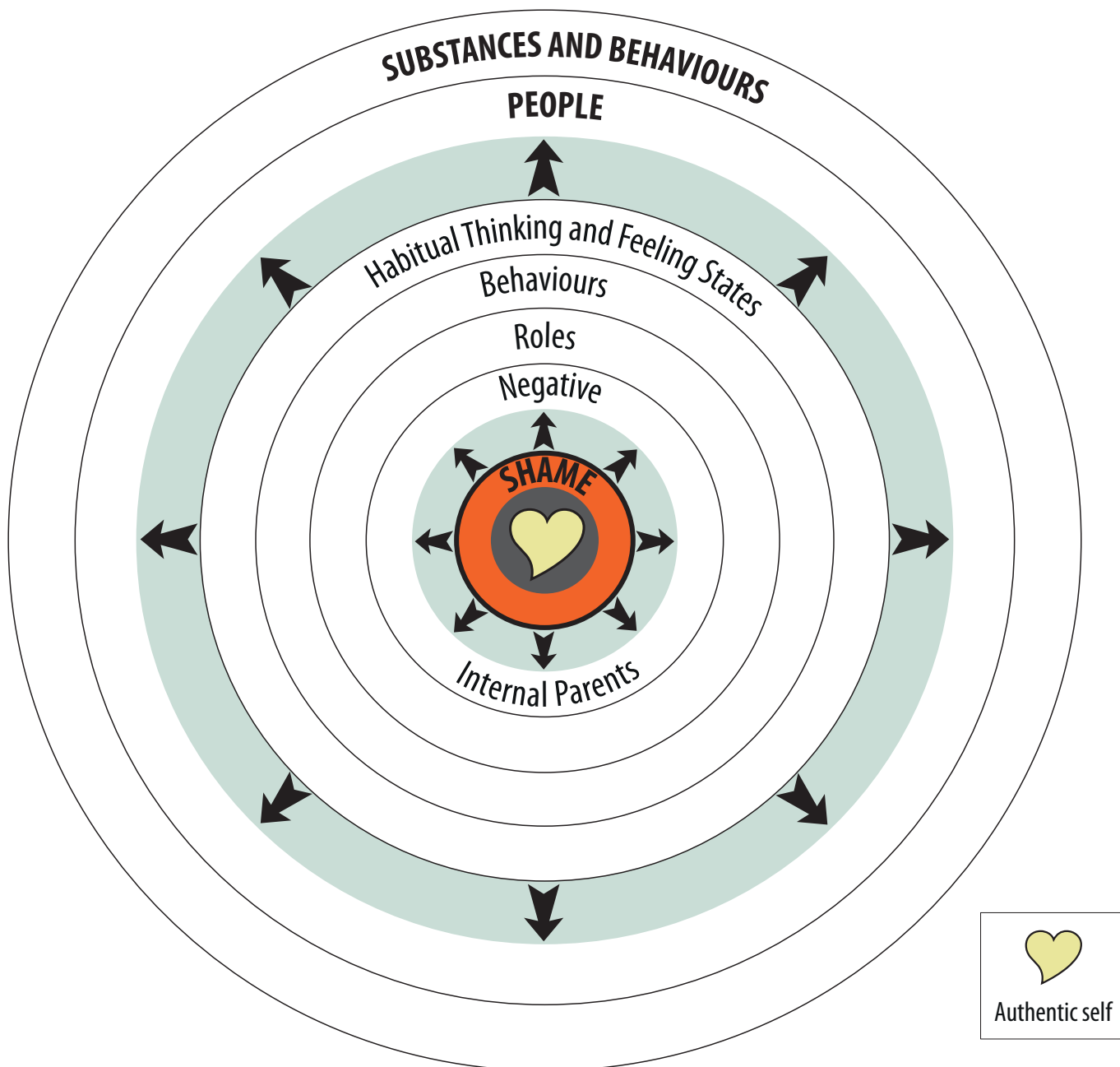
We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

## What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **[hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website)**

## Negative Love map



*When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing the behavior or a choice. - Brené Brown*

## My unconscious relationship history

Write 6-8 adjectives in each box below.

They could relate to any combination of your birth parents or significant surrogate parents (e.g. nannies, grandparents, much older siblings or teachers at boarding school).

**1** What I liked most about my parents as a child (their nicest qualities)

**2** Their most upsetting tendencies as a child (their most hurtful behaviours)

**3** What I most wanted from them as a child - and mostly didn't get

**4** How I felt emotionally when my needs were not met as a child

**5** How I typically reacted (behaved) when my needs weren't met as a child

## Some tips on boundaries

- Boundaries start with you. Check-in with yourself before an interaction. How are you feeling? What is true for you about what you want and need? What do you definitely want to ask for? What do you definitely *not* want?
- Children need boundaries in order to feel safe and loved – without boundaries children become angry, push further and further to test limits and feel out of control.
- Boundaries are a way for us to fully step into the world with agency and our voice.
- We teach others how to treat us. People can be retaught, and so can we.
- For many of us, setting boundaries is new and unfamiliar territory. If you are unclear or confused about your boundaries, ask for help and get support.
- We're in a unique dance with every relationship we have. The changing boundaries alter the pace/rhythm of the dance.
- Having clear and healthy boundaries helps other people feel safe and trust you.
- Unspoken or assumed boundaries is a premeditated breach.
- A lack of boundaries invites a lack of respect.
- Feeling awkward when setting and enforcing boundaries is 'normal' and to be expected.
- Asking for support with your boundaries is an act of self-love, especially if they are unclear to you or the others involved.
- Privilege may create power differentials between you and others. Education, social conditioning and social status have an impact.
- Types of privilege include racial, gender, sexual orientation, age, religion, class, ability, education, lack of trauma, and more.
- Some people have trauma in their histories that can significantly impact their ability to express their needs, especially during a physical encounter. Awareness and communication are essential to treating everyone with dignity and respect.
- Not all boundaries are the same. Some are firm and unwavering as part of your values, others are evolving, changing and open to negotiations.
- Consent/touch/intimacy (listen for clear 'yes' and celebrate 'no'). Remember that 'yes' can be withdrawn.
- Ask for 100% of what you want, be willing to listen and open to negotiate.
- Yes means Yes. No means No. 'Maybe' should be treated as a NO.
- Sometimes you are not aware of your boundaries until they are crossed.
- Stating your boundaries is an act of self-love and self-respect. One that takes courage, builds agency and brings healing.
- Self-compassion is a way of caring for yourself. It is not selfish or uncaring, it is taking care of yourself so you can more fully BE in the world.
- As you learn to set boundaries, you learn to live freely.



## Quadrinity Check-In

### Body

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### Intellect

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### Emotional Self

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### Spiritual Self

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## Boundaries worksheet

Situations where you experience challenges with boundaries:

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Patterns with boundaries:

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Committment to myself on boundaries:

## Love vs codependency

Answer yes or no to the statements that most closely describe your feelings or behaviour:

	YES	NO
Do you frequently place your partner's needs ahead of your own?	<input type="checkbox"/>	<input type="checkbox"/>
Have you often been afraid to tell your partner when your feelings are hurt?	<input type="checkbox"/>	<input type="checkbox"/>
Have you allowed your partner to routinely tell you how to dress?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often smile when you are angry?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty establishing personal boundaries and keeping them?	<input type="checkbox"/>	<input type="checkbox"/>
Is it difficult to express your true feelings?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel nervous and uncomfortable when alone?	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt rejected when your partner is spending time with friends?	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt shame when your partner makes mistakes?	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt at times that you have 'lost yourself' in a relationship?	<input type="checkbox"/>	<input type="checkbox"/>
Have you thought your partner's opinion is more important than your own?	<input type="checkbox"/>	<input type="checkbox"/>
Have you relied on your partner to make most of the decisions?	<input type="checkbox"/>	<input type="checkbox"/>
Have you become very upset when your partner hasn't followed your plan?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever checked your partners phone/emails etc in secret?	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep silent in order to keep the peace?	<input type="checkbox"/>	<input type="checkbox"/>
Have you frozen up when in conflict with your partner?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often find yourself saying 'It's not that bad'?	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt you are stuck in a relationship?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have to control your emotions most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
Have you felt your relationship would fall apart without your constant efforts?	<input type="checkbox"/>	<input type="checkbox"/>

Now count up your total number of 'yes' answers:

*A total score of 4 or more 'yes' answers indicates that you may be in a co-dependent relationship. The higher the number of 'yes' answers, the more co-dependent the relationship.*

**1-5** Some level of co-dependency in the relationship

**6-11** A moderately co-dependent relationship

**12-20** A strongly co-dependent relationship

*(Adapted from 'Co-dependence: Healing the Human Condition' by Charles L. Whitfield)*



# Thank you!

Thank you for taking part in the webinar, and we look forward to welcoming you at future online workshops and events. Visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website) or remember to keep checking our newsletter for details.

We'd also like to thank Matthew for hosting this webinar.

You can now book one-to-one Hoffman coaching with Matthew (and with other members of the Hoffman UK facilitator team) via our website: [hoffmaninstitute.co.uk/book-hoffman-coaching](https://hoffmaninstitute.co.uk/book-hoffman-coaching)

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: [www.paypal.me/hoffmanuk](https://www.paypal.me/hoffmanuk)

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## We're working remotely, but you can still get in touch:

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