



HOW TO HAVE PEACE IN THE MIDST OF NARCISSISM

LET'S TALK BOUNDARIES
7 TYPES OF BOUNDARIES

WHAT DOES THE WORD BOUNDARIES MEAN?

- ▶ Noun
- ▶ Boundaries (plural noun)
- ▶ A line that marks the limits of an area; a dividing line, and the eastern boundary of the wilderness
- ▶ Synonyms: border, frontier, borderline partition, dividing line, bounding line, bounds confines, limits outer limits.



PERSONAL BOUNDARIE S

- ▶ Some boundaries involve time away, such as setting personal boundaries, they might involve a sports activity walking alone or just doing something you enjoy doing in your own time. Something you can do away or alone without interruption.



EMOTIONAL BOUNDARIES

- ▶ Emotional boundaries often have to do with how others talk to and treat us, and they aren't always things we think to set until after a boundary has already been crossed. This is OK, though. Let's say you got into an [argument](#) with someone, and they called you an unkind name. Once you have both [calmed down](#), the best way to set an emotional boundary with that person is to:
 - ▶ Approach them.
 - ▶ Ask to speak about the argument.
 - ▶ Own any part you may have played in the argument going awry.
 - ▶ Tell them that you are not OK with name-calling and that you will need them to engage without stooping to that level in the future.



SETTING PHYSICAL BOUNDARIES

- ▶ Let's say you aren't comfortable with shaking hands. While this tends to be a social norm, there are many reasons a person may not be comfortable doing so — especially since the [COVID-19 pandemic](#). The best way to set this boundary is before it even becomes an issue. When you meet someone new:
 - ▶ Wave from a few feet away.
 - ▶ Smile and say, "I don't shake hands, but I'm so glad to meet you."
 - ▶ Don't feel the need to apologize or explain yourself beyond that.
- ▶ This same tactic of saying something before a boundary is crossed works for other physical boundaries like not wanting hugs (a fairly [common boundary](#)) or being touched by someone you don't know.
- ▶ Plus, if someone is in your physical space, consider saying, "I get uncomfortable when people are too close to me. Could you take a step back?"
- ▶ Remember: Boundaries are healthy, and you're allowed to set your own.

Setting sexual boundaries

That means sometimes you don't want to be touched in a sexual way even if you have an intimate relationship with the narcissist.

When beginning a new intimate relationship, it's always a good idea to sit down with your partner first so that you can discuss each other's sexual boundaries.

This can be a conversation you prompt by saying something like, "I am looking forward to taking the next step in our relationship, but I'd like to take a moment to talk about what that might look like."

From there, you can communicate things you are and are not comfortable with in an intimate situation.



Setting time boundaries

- ▶ People tend to fall within two categories regarding time: Those who run late to everything, and those who tend to think that if you're not early, you're late.
- ▶ If you're the latter, you likely feel as though your boundaries are often intruded on by the former. This is actually a very simple solution to navigate, however:
- ▶ Decide in your mind how long you're willing to wait beyond an agreed upon meeting time.
- ▶ Give yourself permission to leave or cancel an appointment if that time isn't met.
- ▶ If you're dealing with someone who is perpetually late, communicate this to them ahead of time — let them know you will be leaving after a certain amount of time has passed. Still, try not to sound accusatory. Consider acknowledging that you two have different personalities. You're not trying to change them, but you need to set time boundaries for yourself because you can't afford or don't want to wait any longer.



Setting workplace boundaries

- ▶ The best way to establish workplace boundaries is to first set the tone in how you conduct yourself professionally — it should reflect the professional manner you hope others will return when engaging with you.
- ▶ From there, setting workplace boundaries is often a matter of waiting until a boundary has been crossed before addressing the situation. For instance, if a colleague talks down to you in a meeting, you can approach them afterward and explain to them why that was unacceptable and what you need from them in the future.
- ▶ If you have a colleague who routinely violates your work boundaries, don't hesitate to get human resources involved.

Setting material boundaries

- ▶ Let's say you have a camper that a close friend wants to borrow for a trip with their family. You're open to letting them use it, but you also want to make sure they take care of it the way you would.
- ▶ In this case, it's perfectly acceptable to outline your boundaries for care in writing, providing instructions for cleanup and general care. Written instructions placed inside the camper would be simpler for your friend to look back to, and they also help make your boundaries very clear.

