

## Brene Brown Video Discussing Boundaries

<https://www.youtube.com/watch?v=5U3VcgUzqiI>

## Brene Brown Video Empathy Vs. Sympathy

<https://www.youtube.com/watch?v=HznVuCVQd10>

### Brene Brown: 3 Ways to Set Boundaries

(the importance of knowing when, and how, to say no)

In many ways, September feels like the busiest time of the year: The kids go back to school, work piles up after the summer's dog days and Thanksgiving is suddenly upon us. But as our calendars swell with obligations, it's important to recommit to one thing that can help keep us sane: boundaries.

The moment someone asks you to do something you don't have the time or inclination to do is fraught with vulnerability. "Yes!" often seems like the easiest way out. But it comes at a price: I can't tell you how many times I've said "Sure!" in my squeaky, I-can't-believe-I'm-doing-this voice, only to spend hours, even months, feeling angry and resentful. For women, there's a myth that we're supposed to do it all (and do it perfectly). Saying no cues a chorus of inner shame gremlins: "Who do you think you are?" "You're not a very caring [mother/wife/friend/colleague]."

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others. We can't base our own worthiness on others' approval (and this is coming from someone who spent years trying to please everyone!). Only when we believe, deep down, that we *are* enough can we say "Enough!"

The Dare

- **Make a mantra.** I need something to hold on to—literally—during those awkward moments when an ask hangs in the air. So I bought a silver ring that I spin while silently repeating, "Choose discomfort over resentment." My mantra reminds me that I'm making a choice that's critical for my well-being—even if it's not easy.
- **Keep a resentment journal.** Whenever I'm marching around muttering cuss words under my breath, I grab what I lovingly refer to as my Damn It! Diary and write down what's going on. I've noticed that I'm most resentful when I'm tired and overwhelmed—i.e., not setting boundaries.
- **Rehearse.** I'll often say, to no one in particular, "I can't take that on" or "My plate is full." Like many worthwhile endeavors, boundary setting is a practice

<https://www.oprah.com/spirit/how-to-set-boundaries-brene-browns-advice>

## **Thinking About Your Own Boundaries**

By: Psychotherapist Tom Bruett

Think about your own life. Is there a relationship or situation that is begging you to set stronger limits? As a thought exercise take a few minutes to imagine what it would be like to set a boundary in that situation. What feelings come up? Is it scary? Empowering? Do you feel relief? Go into as much detail as you can with the thought experiment and make space for whatever comes to mind. Spend some time with that experience and talk about it with a trusted friend or journal about it. Making a change in behavior is tough and there's no need to rush. When the wind is in your sails, you make the changes you need to make.

<https://tombruettherapy.com/boundaries-friggin-important-according-brene-brown/>

