

A vertical photograph of several lavender flower spikes on green stems, set against a soft, out-of-focus background. The flowers are in various stages of bloom, with some showing vibrant purple and others appearing as buds.

Welcome to Wellness Wednesday Zoom Session with Lorraine!

September 30, 2020 @ 1 pm - 4pm

Agenda for Today

- Current News & Updates
- Check-in
- Today's Topic: **Limits Can Set You Free: How to Set Healthy Boundaries and Resist Peer Pressure**
- Relaxation Time
- Drop-in (2pm – 4pm)



Weekly News: Sept 23 - 30

- BC's Restart Plan – we are currently in Phase 3: <https://reurl.cc/vDQG0k>
- State of emergency extended in B.C. until Oct. 13
- Reminder to do small gathering or connect virtually for Thanksgiving



Check-in



Limits Can Set You Free: How to Set Healthy Boundaries and Resist Peer Pressure

What are Boundaries?

- Limits, spaces or rules that we set for ourselves in relationships
- The purpose of a boundary is to protect and take good care of ourselves, and to make space for positive and meaningful interactions with others
- Boundaries can be physical, emotional, sexual, digital, financial



What does a healthy boundary look like?

You know your personal wants and needs, and are able to communicate those to others

You are able to say no to others comfortably, and still able to open up with them

How does violating your boundaries look like?

When it is too loose...

- Difficulty saying “no” to others
- Overinvolved with others’ problems/ care too much
- Accepting of abuse or disrespect
- Fears of rejection if you do not comply with others

When it is too rigid...

- Avoiding intimacy and close relationship
- Finding it difficult to ask for help
- Keeping others at a distance to avoid rejection

Poor boundaries lead to resentment, anger, burnout and lose a sense of self-identity.

Barriers to Boundary Setting

- Peer Pressure: Fear of rejection
- Fear of conflicts or confrontation
- Feeling of guilt
- We have never been taught how to set healthy boundaries
- Safety Concerns (ex. in abusive relationships)

Guilt Tripping

- A form of manipulation that leaves a person feeling guilty for things that may not be their responsibility
- **Example:**
 - I thought we are best friends, and you know how I was struggling, let me copy your homework please. You are the only one that can help me.
 - I helped you last time, why can't you help me out this time?
 - If you love me, you will stop seeing your friends for me.
 - You owe me on this, I helped you with your homework last time.
 - If you are not going to lend me the money, I will get into trouble and you won't want to see your friends to get into trouble, right?
 - You never want to hang out with me anymore. I am going to be all alone if you don't spend time with me.

A way to set healthy boundaries: Assertiveness



Assertiveness means expressing your own opinions, feelings and desires in ways that respect the rights and opinions of others as well. The purpose is to protect your own rights while remaining calm and respectful. You might compromise when it is appropriate.



Assertiveness is the opposite of aggressiveness. People are being verbally aggressive when they express opinions, feelings, or desires in ways that disrespect or violate the rights of others.

Aggressive statements



"Are you kidding me? How can you say that about me?"



"That's so stupid, why don't you do it this way?"



"Why are you being so defensive?"



"You're being so manipulative"

Assertive statements

"I am not comfortable with this."

"I will not be able to help you with this. I have other assignments to do."

"I value you as a friend and I understand that you are in a tough situation. However, I am not comfortable with doing this. You can try to reach out to..."

"I am sorry for what is happening to you, but I cannot do that for you."

"I do not want to do that."

"I think your intentions are good, but saying that does not help me"

"I would appreciate it if you did not speak to me like that"

"If you are going to continue speaking to me like that then I am going to walk away"

"If you are going to keep saying unkind things then I am going to end this conversation"

For Guilt Tripping:

“I am not comfortable with how you are guilt-tripping me to conform to your wish, and I am concerned that if you continue to do so that it will make me feel more distant from you and that is not something I wish. I would appreciate it if you can express your wishes directly and respect my decision.”



We have the right to judge our own behavior, thoughts, and emotions, and to take the responsibility for the consequences.



We have the right not have to justify or explain our behavior to others.



We have the right to judge if we are responsible for finding solutions to other people's problems.



We have the right to say, "I don't know."



We have the right to say, "I don't understand."



We have the right to say, "That is unacceptable to me."



We have the right to say, "I don't care."

Assertive Rights (1)

Assertive Rights (2)

We have the right to have needs and to have those needs be as important as other people's needs.

We have the right to ask other people to respond to our needs.

We have the right to have feelings--and to express these feelings in ways which do not violate the dignity of other people.

We have the right to decide whether we will meet other people's expectations or whether we will act in ways which fit us, as long as we act in ways which do not violate other people's rights.

WE HAVE THE RIGHT TO SAY NO, WITHOUT FEELING GUILTY!

We have the right not to assert ourselves.

Resources for you

At Hanson:

please email our counsellor Raman Gill at rgill@simplycounselling.ca for a confidential, private appointment that can help you with any mental or emotional health issue or relationship issue

please reach out to our Senior Academic Advisor Sonja Grgar at sonja.grgar.cl@canadahanson.com if you are struggling academically

Q & A

References:

<https://www.therapistaid.com/worksheets/assertive-communication.pdf>

[https://positivepsychology.com/great-self-care-setting-healthy-boundaries/#:~:text=%E2%80%9CA%20boundary%20is%20a%20limit,of%20you%E2%80%9D%20\(n.d.\)](https://positivepsychology.com/great-self-care-setting-healthy-boundaries/#:~:text=%E2%80%9CA%20boundary%20is%20a%20limit,of%20you%E2%80%9D%20(n.d.))

<https://www.psychologytoday.com/ca/blog/the-squeaky-wheel/201305/7-ways-get-out-guilt-trips>

<https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout.pdf>

<https://www.healthyplace.com/anxiety-panic/articles/a-bill-of-assertive-rights>





Welcome to Drop-in Hour

OPEN TO ANY QUESTIONS,
DISCUSSIONS AND
SHARING. FEEL FREE TO USE
YOUR MICROPHONE OR THE
CHAT, DON'T BE SHY!

