



YOUR GUIDE

TO SETTING BOUNDARIES

WITH A NARCISSIST



THE NURTURING COACH



CONFESSION TIME

I HAD HONESTLY NOT HEARD ABOUT PERSONAL BOUNDARIES UNTIL I LEARNT I HAD NONE! I FELT OBLIGED TO DO WHAT OTHERS WANTED OR EXPECTED OF ME. I WENT WITH THE FLOW, SACRIFICING MY OWN WANTS AND NEEDS FOR THE BENEFIT OF OTHERS. I DIDN'T KNOW ANY BETTER. CAN YOU RELATE?

VERY FEW OF US ARE TAUGHT PERSONAL BOUNDARIES AS CHILDREN. THOSE OF US WHO ENDED UP EMBROILED IN NARCISSISTIC ABUSE WERE PROBABLY TAUGHT THE OPPOSITE OF BOUNDARIES - WE WERE TAUGHT HOW TO BE AVAILABLE TO OTHERS AND WERE PUNISHED WHEN WE WEREN'T. IT SETS US UP TO BE PEOPLE PLEASERS AND THEREFORE VULNERABLE TO THOSE WHO WANT TO TAKE ADVANTAGE.

IN ORDER TO BREAK THE CYCLE OF ABUSE FOR OURSELVES AND OUR CHILDREN, WE NEED TO LEARN WHAT BOUNDARIES ARE, OUR RELATIONSHIP TO THEM AND HOW TO IMPLEMENT THEM.



3 STEP PROCESS

STEP ONE

WHAT ARE
BOUNDARIES

STEP TWO

WHAT IS YOUR
RELATIONSHIP TO
BOUNDARIES

STEP THREE

HOW TO IMPLEMENT
AND REVIEW YOUR
BOUNDARIES



WHAT I FOUND OUT ABOUT BOUNDARIES

BOUNDARIES ARE THE LIMITS WE SET FOR OURSELVES IN ORDER TO PROTECT OUR WELL-BEING AND MAINTAIN HEALTHY RELATIONSHIPS WITH OTHERS. THEY ARE THE LINES WE DRAW AROUND WHAT WE ARE WILLING AND NOT WILLING TO TOLERATE, AND THEY HELP US TO COMMUNICATE OUR NEEDS AND VALUES TO OTHERS. THERE ARE SEVERAL DIFFERENT TYPES OF BOUNDARIES THAT WE CAN SET, INCLUDING PHYSICAL BOUNDARIES, EMOTIONAL BOUNDARIES, AND TIME AND ENERGY BOUNDARIES.

PHYSICAL BOUNDARIES INVOLVE SETTING LIMITS AROUND OUR PERSONAL SPACE AND PHYSICAL TOUCH, WHILE EMOTIONAL BOUNDARIES INVOLVE PROTECTING OUR EMOTIONAL STATE AND NOT ALLOWING OTHERS TO MANIPULATE OR INVALIDATE OUR FEELINGS. TIME AND ENERGY BOUNDARIES INVOLVE SETTING LIMITS AROUND HOW MUCH TIME AND ENERGY WE ARE WILLING TO INVEST IN CERTAIN ACTIVITIES OR RELATIONSHIPS.

EACH TYPE OF BOUNDARY IS IMPORTANT IN ITS OWN WAY, AND SETTING AND MAINTAINING THEM CAN HELP US TO ESTABLISH HEALTHIER AND MORE FULFILLING RELATIONSHIPS WITH OTHERS, AS WELL AS PRIORITISE OUR OWN WELL-BEING.

HOW DOES THAT FEEL? TO CONSIDER PUTTING YOUR OWN NEEDS FIRST?



SELF REFLECTION

TRY THIS EXERCISE: SELF-REFLECTION EXERCISE ON PUTTING YOUR OWN NEEDS FIRST

TAKE A MOMENT TO CLOSE YOUR EYES AND TAKE A FEW DEEP BREATHS. AS YOU INHALE, VISUALISE YOURSELF DRAWING IN ENERGY AND VITALITY. AS YOU EXHALE, RELEASE ANY TENSION OR STRESS YOU MAY BE HOLDING ONTO.

REFLECT ON A RECENT SITUATION WHERE YOU PUT SOMEONE ELSE'S NEEDS BEFORE YOUR OWN. HOW DID THIS MAKE YOU FEEL? DID YOU FEEL RESENTFUL OR FRUSTRATED? DID YOU FEEL LIKE YOUR OWN NEEDS WERE BEING OVERLOOKED OR DISMISSED?

NOW, THINK ABOUT A TIME WHEN YOU PUT YOUR OWN NEEDS FIRST. HOW DID THIS MAKE YOU FEEL? DID YOU FEEL GUILTY OR SELFISH? DID YOU FEEL EMPOWERED AND CONFIDENT IN YOUR DECISION?

CONSIDER THE BENEFITS OF PUTTING YOUR OWN NEEDS FIRST. HOW CAN PRIORITISING YOUR OWN WELL-BEING ENHANCE YOUR LIFE AND RELATIONSHIPS? WHAT ARE SOME WAYS THAT YOU CAN INTEGRATE THIS PRACTICE INTO YOUR DAILY LIFE?

JOURNAL ABOUT YOUR REFLECTIONS AND INSIGHTS. TAKE NOTE OF ANY PATTERNS OR TENDENCIES YOU MAY HAVE WHEN IT COMES TO PUTTING YOUR OWN NEEDS FIRST. ARE THERE ANY LIMITING BELIEFS OR FEARS THAT ARE HOLDING YOU BACK FROM PRIORITISING YOUR OWN WELL-BEING? WHAT STEPS CAN YOU TAKE TO OVERCOME THESE OBSTACLES?

FINALLY, COMMIT TO MAKING A CONSCIOUS EFFORT TO PUT YOUR OWN NEEDS FIRST IN YOUR DAILY LIFE.



JOURNAL

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Remember that
prioritising your own well-
being is not selfish, but
rather an important step
towards creating a more
fulfilling and empowered
life.



WHEN I FIRST THOUGHT ABOUT
PUTTING MYSELF FIRST I FELT
PANICKED! .

***“BUT PEOPLE WON’T WANT ME
IF I DON’T DO WHAT THEY
WANT”***

POWERFUL STATEMENT RIGHT! THERE
WAS SO MUCH TRUTH IN THAT WHICH I
NEEDED TO DEAL WITH. NUMEROUS
LIMITING BELIEFS, MY THOUGHTS
ABOUT RELATIONSHIPS, MY OWN SELF
WORTH. THE LIST GOES ON. IT WAS A
GREAT PLACE TO START. AND THAT IS
WHAT THIS WORKBOOK IS ALL ABOUT.
STARTING THE PROCESS OF
IMPLEMENTING BOUNDARIES. IT
WON’T BE EASY BUT YOU WILL LEARN
A LOT IF YOU ARE PREPARED TO DO
THE WORK.

WHY BOUNDARIES ARE ESSENTIAL WHEN DEALING WITH A NARCISSIST

BOUNDARIES ARE ESSENTIAL WHEN DEALING WITH A NARCISSIST BECAUSE THEY HELP YOU PROTECT YOURSELF FROM THEIR MANIPULATIVE AND ABUSIVE BEHAVIOURS. NARCISSISTS HAVE A TENDENCY TO VIOLATE BOUNDARIES, WHETHER INTENTIONAL OR NOT, AS THEY PRIORITISE THEIR OWN NEEDS AND DESIRES OVER OTHERS. WITHOUT CLEAR BOUNDARIES, YOU MAY FIND YOURSELF CONSTANTLY GIVING INTO THEIR DEMANDS AND SACRIFICING YOUR OWN WELL-BEING IN THE PROCESS.

BY SETTING AND ENFORCING BOUNDARIES, YOU ARE SENDING A CLEAR MESSAGE THAT YOU WILL NOT TOLERATE ANY BEHAVIOUR THAT VIOLATES YOUR PERSONAL SPACE, EMOTIONS, OR MENTAL HEALTH. BOUNDARIES ALSO HELP YOU MAINTAIN YOUR OWN SENSE OF IDENTITY AND AGENCY, WHICH IS OFTEN ERODED BY THE NARCISSIST'S CONSTANT NEED FOR CONTROL AND DOMINATION. ULTIMATELY, BOUNDARIES EMPOWER YOU TO TAKE BACK CONTROL OF YOUR LIFE AND SET THE STAGE FOR HEALTHY, RESPECTFUL RELATIONSHIPS WITH OTHERS.



WHY SETTING BOUNDARIES CAN BE CHALLENGING FOR SOMEONE WHO HAS EXPERIENCED NARCISSISTIC ABUSE

AS SOMEONE WHO HAS EXPERIENCED NARCISSISTIC ABUSE, I CAN ATTEST TO HOW CHALLENGING IT CAN BE TO SET BOUNDARIES. WHEN YOU HAVE BEEN GASLIGHTED, MANIPULATED, AND INVALIDATED FOR AN EXTENDED PERIOD, IT CAN BE CHALLENGING TO TRUST YOUR OWN JUDGEMENT AND RECOGNISE WHEN YOUR BOUNDARIES ARE BEING VIOLATED.

ADDITIONALLY, NARCISSISTS OFTEN USE GUILT, SHAME, AND INTIMIDATION TO KEEP YOU UNDER THEIR CONTROL, MAKING IT DIFFICULT TO STAND UP FOR YOURSELF AND ASSERT YOUR NEEDS. EVEN WHEN YOU DO SET BOUNDARIES, THE NARCISSIST MAY PUSH BACK OR IGNORE THEM ALTOGETHER, CAUSING YOU TO DOUBT YOUR OWN WORTH AND CAUSING FURTHER EMOTIONAL TURMOIL. IT CAN BE A LONG AND DIFFICULT PROCESS TO OVERCOME THESE CHALLENGES AND SET FIRM BOUNDARIES THAT PRIORITISE YOUR OWN WELL-BEING, BUT IT IS ESSENTIAL FOR HEALING AND RECLAIMING YOUR SENSE OF SELF-WORTH.



SELF REFLECTION

1. FIND A QUIET AND COMFORTABLE PLACE WHERE YOU WON'T BE DISTURBED. TAKE A FEW DEEP BREATHS AND ALLOW YOURSELF TO RELAX.
2. REFLECT ON A RECENT SITUATION WHERE YOU FELT LIKE YOUR PERSONAL BOUNDARIES WERE VIOLATED. IT COULD BE SOMETHING AS SMALL AS SOMEONE INTERRUPTING YOU WHILE YOU WERE SPEAKING OR SOMETHING MORE SIGNIFICANT, LIKE SOMEONE INVADING YOUR PERSONAL SPACE OR DISREGARDING YOUR FEELINGS.
3. WRITE DOWN THE DETAILS OF THE SITUATION IN YOUR JOURNAL, INCLUDING HOW YOU FELT IN THE MOMENT AND HOW YOU RESPONDED (OR DIDN'T RESPOND) TO THE SITUATION.
4. CONSIDER THE FOLLOWING QUESTIONS:
 - HOW DID YOU FEEL WHEN YOUR BOUNDARIES WERE VIOLATED?
 - DID YOU HAVE ANY HESITATIONS OR FEARS ABOUT SETTING BOUNDARIES IN THAT SITUATION?
 - HOW DO YOU TYPICALLY RESPOND WHEN SOMEONE VIOLATES YOUR BOUNDARIES?
 - WHAT ARE SOME OF THE BELIEFS OR THOUGHT PATTERNS THAT MAY BE HOLDING YOU BACK FROM SETTING AND ENFORCING BOUNDARIES?
 - HOW HAVE PAST EXPERIENCES OF BOUNDARY VIOLATIONS IMPACTED YOUR ABILITY TO SET BOUNDARIES NOW?
5. TAKE A FEW MOMENTS TO REFLECT ON YOUR ANSWERS AND NOTICE ANY EMOTIONS OR PHYSICAL SENSATIONS THAT ARISE.
6. CONSIDER WHAT STEPS YOU CAN TAKE TO SET AND ENFORCE YOUR BOUNDARIES MOVING FORWARD. THIS COULD INCLUDE PRACTISING SAYING "NO" IN FRONT OF A MIRROR, SETTING CLEAR EXPECTATIONS WITH FRIENDS AND FAMILY, OR SEEKING SUPPORT FROM A THERAPIST OR SUPPORT GROUP.



JOURNAL

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Remember, setting and enforcing personal boundaries is a process that takes time and practice. By reflecting on your experiences and identifying any challenges or barriers, you can take steps towards prioritising your well-being and protecting yourself from further boundary violations.



HOW TO SET BOUNDARIES WITH A NARCISSIST

1. DEFINE YOUR PERSONAL BOUNDARIES: BOUNDARIES ARE THE LIMITS THAT YOU SET FOR YOURSELF AND OTHERS TO PROTECT YOUR PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING. THINK ABOUT WHAT BEHAVIOURS AND ACTIONS YOU WILL NO LONGER TOLERATE FROM OTHERS.
2. ACTIVITY: MAKE A LIST OF THE BEHAVIOURS AND ACTIONS THAT YOU WILL NO LONGER TOLERATE FROM OTHERS, SUCH AS DISRESPECT, MANIPULATION, OR GASLIGHTING.
3. JOURNAL PROMPT: WHAT EMOTIONS DO YOU FEEL WHEN THESE BEHAVIOURS AND ACTIONS OCCUR? HOW HAVE THEY IMPACTED YOUR LIFE? HOW WILL SETTING AND ENFORCING BOUNDARIES HELP YOU HEAL AND MOVE FORWARD?
4. COMMUNICATE YOUR BOUNDARIES: ONCE YOU HAVE DEFINED YOUR BOUNDARIES, IT IS IMPORTANT TO COMMUNICATE THEM CLEARLY TO OTHERS. BE ASSERTIVE AND DIRECT WHEN COMMUNICATING YOUR BOUNDARIES.
5. ACTIVITY: PRACTICE SAYING "NO" OR "STOP" IN FRONT OF A MIRROR UNTIL YOU FEEL COMFORTABLE AND CONFIDENT.
6. JOURNAL PROMPT: WHAT FEARS OR ANXIETIES DO YOU HAVE ABOUT SETTING BOUNDARIES AND COMMUNICATING THEM TO OTHERS? HOW CAN YOU OVERCOME THESE FEARS AND PRIORITISE YOUR WELL-BEING?
7. STAY CONSISTENT AND REINFORCE YOUR BOUNDARIES: SETTING BOUNDARIES IS AN ONGOING PROCESS, AND IT MAY TAKE TIME FOR OTHERS TO ADJUST TO YOUR NEW BOUNDARIES. IT IS ESSENTIAL TO STAY CONSISTENT AND REINFORCE YOUR BOUNDARIES WHEN NECESSARY.



JOURNAL

IDENTIFY YOUR VALUES AND PRIORITIES: WHAT ARE THE THINGS THAT MATTER MOST TO YOU? WRITE DOWN YOUR VALUES AND PRIORITIES BELOW

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SELF CARE PLAN

MAKE A LIST OF YOUR TOP FIVE VALUES AND REFLECT ON WHY EACH OF THEM IS IMPORTANT TO YOU.

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HOW HAVE THESE VALUES BEEN CHALLENGED OR COMPROMISED BY THE NARCISSISTIC ABUSE? HOW CAN YOU PRIORITISE AND PROTECT THESE VALUES MOVING FORWARD?



SELF CARE PLAN

CREATE A SELF-CARE PLAN THAT INCLUDES ACTIVITIES AND PRACTICES THAT HELP YOU MAINTAIN YOUR BOUNDARIES AND PRIORITISE YOUR WELL-BEING.

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WHAT CHALLENGES HAVE YOU FACED WHILE SETTING AND ENFORCING BOUNDARIES? HOW CAN YOU STAY CONSISTENT AND REINFORCE YOUR BOUNDARIES MOVING FORWARD?

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Remember, setting boundaries is an act of self-love and self-respect. By prioritising your well-being and enforcing your boundaries, you can heal and move forward from narcissistic abuse.

WHY BOUNDARY SETTING IS AN ONGOING PROCESS

SETTING BOUNDARIES IS NOT A ONE-TIME EVENT; IT IS AN ONGOING PROCESS THAT REQUIRES ATTENTION AND EFFORT. AS SOMEONE WHO HAS STRUGGLED WITH BOUNDARY-SETTING IN THE PAST, I KNOW FIRSTHAND HOW EASY IT IS TO SLIP BACK INTO OLD PATTERNS OF BEHAVIOUR AND ALLOW OTHERS TO VIOLATE MY BOUNDARIES. EVEN WHEN YOU HAVE SET CLEAR BOUNDARIES WITH OTHERS, SITUATIONS MAY ARISE THAT CHALLENGE THOSE BOUNDARIES, REQUIRING YOU TO REASSESS AND ADJUST AS NECESSARY. ADDITIONALLY, OUR OWN NEEDS AND VALUES MAY SHIFT OVER TIME, REQUIRING US TO REEVALUATE OUR BOUNDARIES AND MAKE CHANGES ACCORDINGLY. IT TAKES TIME, PRACTICE, AND SELF-AWARENESS TO DEVELOP HEALTHY AND EFFECTIVE BOUNDARIES THAT PRIORITISE OUR OWN WELL-BEING, AND IT IS A CONTINUOUS JOURNEY. BUT BY COMMITTING TO THIS PROCESS AND BEING MINDFUL OF OUR OWN NEEDS AND LIMITS, WE CAN CREATE A MORE FULFILLING AND EMPOWERING LIFE FOR OURSELVES..



REVIEWING YOUR BOUNDARIES

1. USING THE TABLE ON THE NEXT PAGE, BEGIN TO CREATE A RECORD OF YOUR EXPERIENCES WITH BOUNDARY SETTING
2. IN THE "MY BOUNDARIES" COLUMN, WRITE DOWN A LIST OF YOUR PERSONAL BOUNDARIES. THESE COULD INCLUDE PHYSICAL BOUNDARIES, EMOTIONAL BOUNDARIES, OR BOUNDARIES RELATED TO YOUR TIME AND ENERGY.
3. IN THE "BOUNDARIES VIOLATED" COLUMN, WRITE DOWN ANY INSTANCES WHERE YOUR BOUNDARIES WERE VIOLATED. BE SPECIFIC AND INCLUDE DETAILS ABOUT THE SITUATION, WHO WAS INVOLVED, AND HOW IT MADE YOU FEEL.
4. IN THE "ACTION STEPS" COLUMN, WRITE DOWN SPECIFIC STEPS YOU CAN TAKE TO ENFORCE YOUR BOUNDARIES MOVING FORWARD. THIS COULD INCLUDE COMMUNICATING YOUR BOUNDARIES CLEARLY TO OTHERS, SETTING CONSEQUENCES FOR BOUNDARY VIOLATIONS, OR SEEKING SUPPORT FROM A THERAPIST OR SUPPORT GROUP.
5. TAKE A FEW MOMENTS TO REVIEW YOUR LIST AND REFLECT ON ANY PATTERNS OR THEMES THAT EMERGE. NOTICE ANY AREAS WHERE YOU MAY NEED TO SET FIRMER BOUNDARIES OR TAKE MORE ACTION TO PROTECT YOUR WELL-BEING.
6. ONCE YOU HAVE IDENTIFIED YOUR ACTION STEPS, MAKE A PLAN TO PUT THEM INTO ACTION. THIS COULD INCLUDE SCHEDULING A TIME TO HAVE A CONVERSATION WITH SOMEONE WHO HAS VIOLATED YOUR BOUNDARIES OR TAKING STEPS TO PRIORITISE YOUR OWN SELF-CARE AND WELL-BEING.



MY BOUNDARIES	BOUNDARIES VIOLATED	ACTION STEPS



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Remember, reviewing your boundaries is an ongoing process. By regularly assessing your boundaries and taking action to protect them, you can cultivate a greater sense of self-awareness and prioritise your own well-being in your relationships and interactions with others.

YOUR OWN PERSONAL MANTRA FOR BOUNDARY SETTING

I strongly believe that every individual is worthy of having boundaries, including myself. In fact, having boundaries is essential for our emotional, mental, and physical well-being. I am worthy of having boundaries because I deserve to be treated with respect, compassion, and understanding. I am entitled to set limits on what I am willing and not willing to tolerate, and to communicate those limits clearly to others. I am deserving of relationships that are based on mutual respect and understanding, and boundaries help to ensure that this is possible. I have the right to prioritise my own needs and values, and to make choices that are in my own best interest. By setting boundaries and honouring my own needs, I am not only taking care of myself, but also creating healthier and more fulfilling relationships with others.



HOW THE NURTURING COACH CAN HELP WITH BOUNDARY SETTING

THERAPY CAN BE A VALUABLE TOOL IN DEVELOPING AND MAINTAINING BOUNDARIES WITH A NARCISSIST. HERE AT THE NURTURING COACH WE CAN HELP YOU TO IDENTIFY YOUR OWN BOUNDARIES, UNDERSTAND HOW AND WHY THOSE BOUNDARIES MAY HAVE BEEN VIOLATED, AND DEVELOP STRATEGIES FOR ENFORCING THOSE BOUNDARIES IN THE FUTURE. IN THERAPY, YOU CAN EXPLORE YOUR OWN FEELINGS AND BELIEFS AROUND BOUNDARIES, AS WELL AS WORK THROUGH ANY FEARS OR ANXIETIES YOU MAY HAVE ABOUT SETTING AND MAINTAINING THEM.

ADDITIONALLY, THERAPY CAN PROVIDE A SAFE AND SUPPORTIVE ENVIRONMENT FOR YOU TO PRACTISE ASSERTIVENESS AND BOUNDARY-SETTING SKILLS, AS WELL AS RECEIVE VALIDATION AND ENCOURAGEMENT FOR YOUR EFFORTS.

WHILE DEVELOPING AND MAINTAINING BOUNDARIES WITH A NARCISSIST CAN BE CHALLENGING, WE CAN PROVIDE YOU WITH THE TOOLS AND SUPPORT YOU NEED TO PRIORITISE YOUR OWN WELL-BEING AND NAVIGATE DIFFICULT RELATIONSHIPS WITH GREATER CONFIDENCE AND SELF-AWARENESS.

