



# SETTING BOUNDARIES

*A guide for people pleasers <3*

*A free guide from  
[www.soulfrequencycoach.com](http://www.soulfrequencycoach.com)*

# NO.1

The first step towards setting boundaries is to reflect on what YOU need, what you want and what you feel.



And that can be really hard if you have lived a whole life adjusting yourself to others needs. But if you sit in solitude and really think about and tune in to how you feel in different situations, you will have a hint to start with.

# NO.2

The next thing to do is to not give an answer straight away if someone wants you to do something for them or with them.



Because your default answer is probably, yes, to make that person happy. Start to say that you will think about it and that you will get back to them. Go home and be honest with yourself, and if you realize that you don't want to do it, just say no, however hard it may be.



## LITTLE SIDE NOTE

*...And remember that you're not obligated to explain why your answer is no, but since this might be very unexpected for the person asking, they might start asking you why. You don't have to have a "valid" reason, it's okay to feel that you don't want to do it and to simply say that It's not a convenient time for you right now.*

*Keep practicing those boundaries!*

# NO.3

Know that It's  
okay to change  
your mind!



If you have said that you're gonna do something but you feel that nagging feeling in your stomach, your intuition, telling you that you shouldn't, it is okay to change your mind. You are not a bad person for canceling, if anything you are a strong person for being loyal to yourself.



## WHEN YOU HAVE PRACTISED SETTING BOUNDARIES FOR A WHILE

*You might start to notice that many people in your life are there because your relationship benefits them, not necessarily because both of you are happy in your relationship. Some of them will fall away as you start to be more confident with your boundaries. Some of them will cling to you even though you don't want them there anymore, because you now have noticed that they are taking and not giving anything in return. Then it's time to start to move away from that relationship. The important thing is to do it in a way that feels truthful to you, whatever that may be! When you step away from people that you feel have been holding you back, you make room for new experiences and relationships to enter your life.*

# LASTLY

This is a long process and it can feel lonely for a while. If most of your relationships are built on you adjusting yourself according to their needs, you will feel alone when people fall away because you're not pleasing them anymore, or when you decide to leave them behind.

A tip is to choose one person that you feel is genuine and like you for who you are, and not only like you for what you can do for them. Start practicing your new self around that person. Try to be honest about how you feel, be open about what your needs are, challenge yourself to show them the real you. In many cases that relationship grows stronger and stronger. Eventually you'll find yourself in a give and take relationship that can be an inspiration for other relationships to come.

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