

Setting



Boundaries

A QUICK GUIDE FOR
PEOPLE PLEASERS



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3 STEPS

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 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.

(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. As I said, you are not obligated to explain yourself. You can just say that It's not a convenient time for you right now.)

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 good person for being loyal to yourself.
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Picture by Cottonbro Studio (Pexels)

WHEN YOU HAVE PRACTISED SETTING BOUNDARIES FOR A WHILE

You will start to notice that a lot of 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 in setting 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 cut the cord. In most cases you can just be polite about it, like saying that you feel that you have outgrown each other. Of course there is gonna be a little bit of drama around that situation for a while, but it's worth it in the end when you are free from people who you feel have been holding you back.





Picture by Olga (Pexels)

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 a 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, and 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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