



## **CO-DEPENDENCY**

### How Do You Establish Boundaries?

1. Feel dissatisfied, you realize that you allowed something to be said to you or done to you that shouldn't have happened.
2. Realize you came from a family where you had to avoid saying no to keep other people liking you.
3. Become aware that you have denied your own boundary in order to keep the other person happy with you.
4. Develop an awareness that you have tried to make the other person happy with you, by giving up your rights.
5. Quit worrying about hurting the other person's feelings.
6. Begin by setting limits in small ways that you feel safe in.
7. Tell the truth about what you like or dislike or want or don't want.
8. Realize that because you disagree about different things doesn't mean that you don't like or respect the other person.
9. Ask yourself, "What do I really want for my life?" or "What is really important to me?" and start asking for it and don't be too quick to back down if you get turned down.
10. Give yourself more value – you are just as good and deserving as anyone else.
11. Start putting your needs and desires in proper perspective, ie. – Stop feeling guilty when you have done nothing to feel guilty about.
12. Realize you have a God-given right to say no and stand up for yourself.
13. Be willing to give up relationships or limit relationships with people who don't appreciate you or try to use you.
14. Be aware that most people only give you what you ask for or demand.
15. Build a group of supportive friendships with people who will help you change.