

Hope for your Caregiving Season - Recognizing Your Boundaries

Boundaries are important. They help us to see the end of us and the beginning of others. During our caring season we often feel that everything is our responsibility, so our boundaries get blurred.

Blurring the lines of responsibility causes stress, unhealthy relationships, resentment and often burnout. It sounds simple but it can be tricky to keep your boundaries strong. The first step is to determine if you are carry others responsibility as your own.

Let's see how you are doing at keeping your boundaries clear. To do this activity you will need this printed out, something to write with and a timer.

Set your timer for 5 minutes. Spend the entire 5 minutes listing all the things that are on your mind below and on the next page.

Write as many as fast as you. Once you feel you are running out of things to write take a deep breath and add the things that don't seem like a big deal. Finally, be sure to include the things that you know you can't solve.

I hope you have filled this page.

Next you will take the things you wrote down and put them in the circles on the next page where they belong.

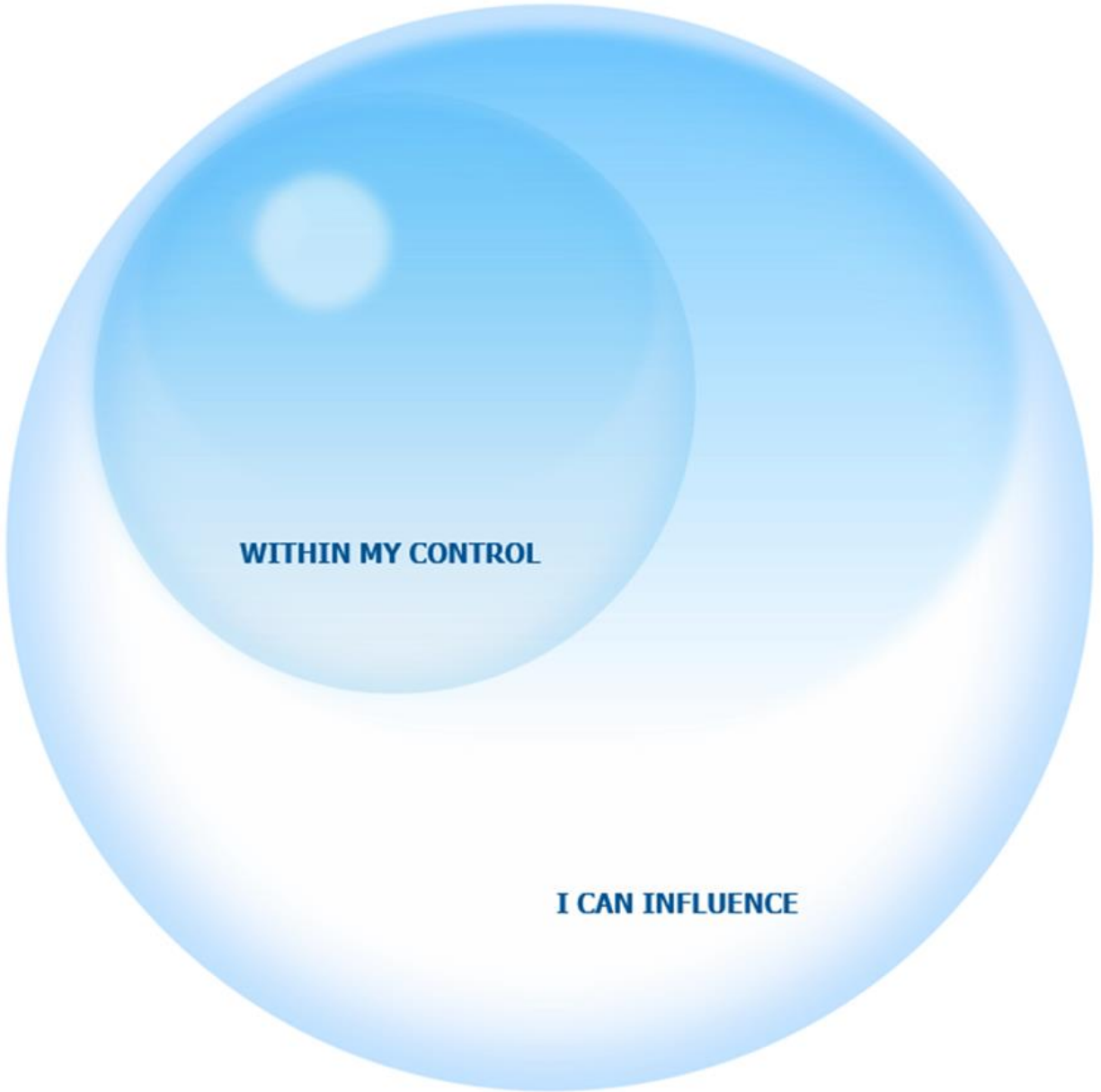
1. In the small circle write all the things you can control.
2. In the big circle write all the items you can influence but not accomplish by yourself.
3. Last list all the things that are out of your control or influence.



My Spheres of Influence

I

EVERYTHING ELSE...



Now that you have sorted them all out what do you notice about-

- Your circles- where are most of the items?

Is your circle of things you can control full? Are all of them things only you can do?

What can you do with the items that fall in the area you can't impact?

Do you need to get help with some of these things? Ask or hire someone to do them?

What about your everything else section?

Many people know they shouldn't worry about these items, but they don't seem to be able to stop. I say ok, then worry. But set a timer for 5 minutes and worry. Worry as much as you need to in that 5 minutes and when the time is up then get up and do something. Stop worrying until your next scheduled worry time.

- How you feel physically?

Do you notice any difference in your chest, stomach, or shoulders from where you started?

What is one thing you will do as a result of doing this exercise?