

- 8) Boundaries are permanent and I'm afraid of burning my bridges.

Uh huh, I'm quite familiar with those fears. Knowing it's healthy to set boundaries is one thing, actually doing it is another. Establishing and maintaining boundaries is going to take a lot of work, discipline and absolute desire because you are going to face resistance as I have. As the authors write "...it will be a war. There will be skirmishes and battles. There will be disputes. There will be losses."

My motivation: the dysfunction or pain I face in my life if I don't. Being a single mother with zero free time, tight finances and a daunting workload, I'm finding change is critical because my choices now directly impact my daughter's life more than ever. Actually it's a matter of survival and more importantly, a matter of reaching my ultimate goal of thriving.

If any of this rings true for you, I highly encourage you to seek guidance or counsel in the form of a book, a support group, a therapist or all of the above. It's nothing new and there are several resources out there if you search. I'd also be happy to direct you if you wish to contact me.

I must say I'm absolutely proud of myself for saying no to my friends. It's a first step and a big step for me with my people-pleasing character. From what I've read, it's also a safe step because people who don't respect boundaries are the ones with the problem.

Nonetheless, lingering pangs of guilt and worry over what's being said remind me that I still have a lot to learn. And that's okay, because I know there's always forgiveness. ■

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