



Peninsula Chinese Business Association

美國華聯商會

Leading because we care

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Dear Members and Friends,

This month I'm sharing the thoughts from Positive Psychology about boundaries. We may have infinite love, unlimited passions, and the desire to help as many people as possible, but our time in the world has a limit. We cannot allow anyone and anything constantly into our lives. And we cannot become a bottomless backpack to hold other people's trauma and emotions on our shoulders. If we do, we quickly become depleted and resentful.

Per Nedra Glover Tawwab, boundaries are the gateway to healthy relationships. They are expectations and needs that help us feel safe and comfortable in our relationships.

Setting boundaries that help us manage our focus and energy is an integral way to regain power and create more agency in our lives. Far from being selfish, they create opportunities to strengthen relationships and for others, and us, to reinforce affection.

When is it best to have boundaries? Some opportunities for them are: when you feel overwhelmed or burned out. You find yourself resenting people who ask for your help. You avoid interactions with people you think might ask for something. You frequently daydream about dropping everything and disappearing. Or, you feel that you have no time for yourself.

Indeed, setting boundaries isn't easy. Paralyzing fear about how someone might respond can easily hold us back. However, short-term discomfort for a long-term healthy relationship is worth it every time. Articulating one's boundaries in practice can be challenging, particularly when met with resistance. But the intention is to help you stay calm and clearly express yourself when personal boundaries are being crossed.

These practices practically break down the boundaries of what, why, and how. Healthy boundaries require an awareness of our emotional, mental, and physical capabilities, combined with clear communication. They look like: Being clear about your values, listening to your opinion and sharing with others appropriately, being vulnerable with people who have earned your trust, being comfortable saying no, and hearing no without taking it personally.

Can you remember when you felt guilty for setting boundaries? Our relationships and beliefs around limitations strongly influence whether we will successfully implement them in our lives. Many people believe that setting boundaries will make others love them less. Explore these thoughts and remind others that the right people should appreciate their boundaries and respect them more for having them.

Regards

Johnny DaRosa

Johnny DaRosa
President

johnnydarosa@post.harvard.edu