



WHERE DO YOU DRAW THE LINE?



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You know that feeling when someone has pushed you too far, or something you thought you were monitoring gets out of control?

It's unsettling, no doubt...but did you see it coming? Where did YOU draw the line? Let imagine these characters:

Person 1 is the Avoider. This person is fully aware of their boundaries, but hesitates to speak up or do something when that fine line is crossed. They may silently stew, or choose to push the line back a little at a time, hoping things will eventually equalize without confrontation.

Person 2 is the Enforcer. This person has no problem standing their ground and speaking their mind on the matter, but may end up burning feelings or bridges when they do.

Person 3 is the People-Pleaser. This person may disregard placing boundaries altogether, preferring to remain flexible to everyone else's needs. The intention is laudable, but inevitably, they end up feeling burnt-out, frustrated, or even betrayed. This is because they, in fact, DID have a limit that was either unknown or unacknowledged.

Truth be told, I can relate to all of the above characters. However, I am aiming to become Person 4.

Person 4 is the Diplomat. This person understands and honors their own boundaries, but is strong enough to convey these to others with dignity, patience, and consideration. It is okay to have boundaries. Though we are all connected, we as a species are still learning to accept ourselves and one another. By respectfully opening the channels of communication about where we draw the line, we can work together to find common ground.

especially coping PRINTABLE WORKSHEETS

We all face times when we especially need to cope, to unclench our minds and rise above the toxicity of the moment. Though I'm not a licensed therapist, I am a spiritual and contemplative artist. I created these worksheets to help myself—and others, if possible--**work it out.**

You can find worksheets such as "New Beginnings", "Dear Me", and "I Feel Good" available at low introductory rates in my website shop: efgrace.com >> Galleria >> Shop >> Especially Coping Printables.

To thank you for keeping in touch, I've attached a free sample worksheet related to this newsletter entitled, "A FINE LINE". I hope the design delights you and the content inspires some personal insight!

Until next time, ef grace

