



Appendix 3-C: Self Esteem and Boundaries

 Remember that it does no good to understand our behavior if we don't change. Change requires more than understanding; it involves risk and discomfort.

1. I promise that I will begin to recognize those beliefs about myself, the situations and people in my life that make me feel sad, anxious, guilty or inadequate. (Jot down ten self-limiting beliefs that you admit to regarding your adequacy and love-ability.

 2. I will then recognize that I am an adult. I have options and choices. I am not helpless. I have the ability to make changes in my behavior and in my life.

3. Nothing is more important than my self-esteem, and I promise to bring those experiences and people into my life that will nurture good feelings about myself. (Be aware of your boundaries – how far you are willing to go, what the limits of your responsibility are, how others may try to infringe on your physical or psychological space, etc. Changing boundaries without conscious thought leads to anxiety. Self-education is necessary.)

4. I will take responsibility for my own cruel, critical, hurtful and victim behavior and stop trying to manipulate or control others with it.

5. I promise to confront those people and situations that make me unhappy, and – if they continue to treat me badly – I have the right to choose, as an adult, to decrease my contact with them or get them out of my life whoever they may be. Develop communication skills in talking to someone who is difficult in some way. Think along these lines:

- a. This is what you did.
- b. This is how I felt about it at the time.
- c. This is how it affected my life.
- d. This is what I want from you now.

6. These thoughts, feelings, and steps may be done in a journal or with a person other than the person actually involved, or done with that person directly. This person may be out of your life through death, or through some other separation, but you can still resolve the relationship.

As an adult, I will recognize that there are times when I am over-whelmed discouraged and/or depressed. I promise myself to seek help – through self-help groups, through a trusted friend or friends, or through a professional. When these feelings persist for a long period of time, acknowledging the need for help is an act of courage, strength, and honesty.

From: Men Who Hate Women and the Women Who Love Them by Susan Forward.
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