

Personal Limits

If your relationships aren't as satisfying as you'd like them to be, you might need to set bigger personal limits (a.k.a. boundaries). A personal limit is a dividing line between you and anyone else, including your significant other and family members. This line indicates both physical and emotional limits that others cannot violate.

When someone crosses one of your personal limits, it creates intense feelings of anger, hurt and rage. In some cases, your personal limits might have been crossed so many times that you are no longer in touch with your outrage. You might brush it off as being 'not worth saying anything about' or 'nothing'.

Setting personal limits is vital to creating close, satisfying relationships. When we don't know how to set and stand up for our personal limits, relationships are difficult and unsatisfying because they don't meet our needs. When we have a strong sense of our personal limits, it prevents us from being hurt by others.

When you set and enforce personal limits it raises your sense of self-worth, self-esteem and self-confidence, because you're sending yourself and others a strong message that you are valuable, important and worthy of care. Others feel safe when we set boundaries because they know what you want and don't want. When people know what your limits are, it gives them security in knowing what to say and how to behave around you. Expressing our limits is another way of allowing others to know what you're thinking and who you really are. When others know us intimately we feel more closely connected.