

## Week 9 - Integration, Reflection, & Moving Forward

**Scripture:** “*May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.*” — Romans 15:13

**Quote:** “Hope is being able to see that there is light despite all of the darkness.”

— Desmond Tutu

### Education

Boundary setting isn't about changing someone else's behavior. It's about recognizing *your own limits, listening to your body, and making conscious choices* about how you engage — or disengage. You can't control other people's reactions, but you can honor yourself with clear, kind, and firm communication.

Start with our **core tools**:

#### 1. Ground Yourself

- Take a deep breath. Feel your feet on the floor. Soften your jaw. Relax your shoulders..

#### 2. Lead with Curiosity, not assumptions

#### 3. Reflect What You Hear

- “What I'm hearing is...”
- “It sounds like you're saying...”

#### 4. Ask Open-Ended Questions

- “Can you help me understand more about where this idea is coming from?”
- “I'm curious about this perspective. Can you explain this part more to me?”

#### 5. Lean into Emotions when appropriate

- “It seems like this topic worries you a lot. Can I hear more about where that worry is coming from?”
- “I'm sensing a lot of frustration as we are talking about this. What about this topic feels the most frustrating for you?”

## 6. Ask for Permission to Share

- “Would it be okay if I shared my perspective?”

These skills can help **prevent conflict escalation** and build **relational safety**. But if the conversation becomes too charged, and you are moving outside your **window of tolerance**- This is when it's time to **pause the conversation and set healthy boundaries**.

**Setting healthy boundaries focuses on what YOU need, not what you want THEM to do.**

### **In the Moment:**

- “I care about this conversation, and I want to be present for it. I’m feeling a bit overwhelmed, so I’d like to take a short break and come back to it later.”
- “I notice I’m feeling really activated. I want to have this talk when I can be calm and grounded.”
- “This feels important, and I also feel myself shutting down. Can we revisit this tomorrow?”
- “I’m going to step away now, but I’d love to pick this up again when we’re both in a better place.”

### **For Ongoing Patterns:**

- “This is a topic we’ve gone over many times. I’m not able to keep revisiting it.”
- “It’s okay if we see this differently. I need to take space around this right now.”
- “I’ve realized this conversation isn’t feeling healthy for me. I’m going to take a step back for now.”

Assertiveness is *not aggression*. It’s expressing your needs while respecting others. Your boundary is about what **you** will or won’t do — not about forcing someone else to change.

### **Example Boundary Statements:**

- “I’m not available for this type of conversation right now.”
- “I’m happy to talk, but only if we can keep the tone respectful.”
- “I’m stepping away now because this feels like too much for me.”