

Boundaries vs. Walls

Boundaries and walls are two essential aspects of human nature. While boundaries are healthy and flexible, walls are rigid and static. They are used when violence and anger are blurred. Walls are created when one is *defending* oneself, not *defining* oneself. Therefore, one goes into survival mode. There is shallow breathing, hypervigilance, role-playing, and an inability to express one's true emotion.

Boundaries

1. Who We Are
2. What We Don't Want
3. What We Want In Life
4. Our Choices: Yes and No
5. Our Limits

Boundaries communicate what we want in our relationships, are flexible (when appropriate), and are created in the context of dialogue. These maintain healthy relationships, allow for honest disclosure of feelings, and respect the emotions of all.

Walls

1. Rules
2. Obligation
3. Static and Inflexible
4. Little Personal Revelation

Walls are impersonal, prohibit intimacy, and arise upon anger/conflict. Walls create a martyr, where the person is a "victim" who is required to act. Anxiety develops. Here, the focus is on the past and/or the future, with little regard for the present and current emotion.

Questions for Reflection:

1. How do I express boundaries?
2. How do I express walls?
3. Are boundaries healthy? When do I use them?
4. Are walls healthy? When do I use them?
5. How do boundaries and walls interact?

