



## *Kathy's Confident and Success Coaching*

# *From "Anxiety" to Freedom with Boundaries*

Hello, I'm so glad you're here to learn about boundaries in life and relationships. Love can't exist without boundaries, even with your children. It's easy to understand external boundaries as your bottom line. Think of rules and principles you live by when you say what you will or won't do or allow.

If you have difficulty saying no, override your needs to please others, or are bothered by someone who is demanding, controlling, criticizing, pushy, abusive, invasive, pleading, or even smothering you with kindness, it's your responsibility to speak up.

I help CARING women relieve anxiety and discover creativity through art to gain confidence and financial independence. Experience, love, acceptance, and empathy while you shift your perspective to gain confidence, hope, and empowerment.



READ MY  
STORY.

# Types of Boundaries

**There are several areas of boundaries that apply:**

## Material boundaries

Determine whether you give or lend things, such as your money, car, clothes, books, food, or toothbrush.

## Physical boundaries

Pertain to your personal space, privacy, and body. Do you give a handshake or a hug – to whom and when? How do you feel about loud music, nudity, and locked doors?

## Emotional boundaries

Distinguish separating your emotions and responsibility for them from someone else's. It's like an imaginary line or force field that separates you and others. Healthy boundaries prevent you from giving advice, blaming or accepting blame. They protect you from feeling guilty for someone else's negative feelings or problems and taking others' comments personally. High reactivity suggests weak emotional boundaries.

## Mental boundaries

Apply to your thoughts, values, and opinions. Are you easily suggestible? Do you know what you believe, and can you hold onto your opinions? Can you listen with an open mind to someone else's opinion without becoming rigid? If you become highly emotional, argumentative, or defensive, you may have weak emotional boundaries.

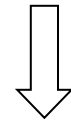
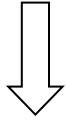


**Do you struggle with reacting to toxic thinking that make you feel degraded, ashamed or guilty? Do you feel like you're "walking on eggshells"?**

**Does this create anxiety in your body?**

My one on one coaching can help you be consistent with your boundaries to improve your self-esteem and create hope.

**Healthy emotional boundaries  
require clear internal boundaries – knowing your feelings and  
your responsibilities to yourself and your thinking.**



### **Sexual Boundaries**

Protect your comfort level with sexual touch and activity – what, where, when, and with whom.

### **Spiritual Boundaries**

Relate to your beliefs and experiences in connection with God or a higher power.

# Why?

**It's hard for you to set  
boundaries on your thinking:**

1. You want to put others' needs and feelings first.
2. You don't know yourself.
3. You don't feel you have rights.
4. You believe setting thought boundaries won't work
5. You never learned to challenge your thoughts.



## **BOUNDARIES.....**

Are learned. If your boundaries weren't valued as a child, you didn't know you had them. Any kind of abuse violates personal boundaries, including teasing. For example, my brother ignored my pleas for my brother to stop tickling me until I could barely breathe. This made me feel powerless and that I didn't have a right to say "stop" when I was uncomfortable. In recovery, while learning boundaries, I gained the capacity to tell a masseuse to stop and use less pressure. In some cases, boundary violations affect a child's ability to mature into an independent, responsible adult. So, as we grow up we believe the lies our thoughts tell us.

## **INTERNAL BOUNDARIES....**

Involve regulating your relationship with yourself. Think of them as self-discipline and healthy management of time, thoughts, emotions, behavior and impulses. If you're procrastinating, doing things you neither must nor want to do, or overdoing and not getting enough rest, recreation, or balanced meals, you may be neglecting internal physical boundaries. Learning to manage negative thoughts and feelings empowers you, as does the ability to follow through on goals and commitments to yourself. I have helped many who are battling with learning how to manage negative thoughts and follow through for changes that are hard to make. I have a weekly online support group where we work together in a community to bring hope for change to the participants.

**To learn more about this coaching support group called “Break the Bond of Codependency & Learn to Love the True You!” In this group you will find hope and help for the emotional and physical pain that is created from being co-dependent. You do not have to suffer alone. Allowing codependency and self-abuse in our life can hinder our mental and physical health.**

## **HEALTHY EMOTIONAL AND MENTAL INTERNAL BOUNDARIES....**

Help you not to assume responsibility for, or obsess about, other people's feelings and problems – something we commonly do. Strong internal boundaries curb suggestibility. You think about yourself, rather than automatically agreeing with others' criticism or advice. You're then empowered to set external emotional boundaries if you choose. Similarly, since you're accountable for your thoughts, feelings and actions, you don't blame others. When you're blamed, if you don't feel responsible, instead of defending yourself or apologizing, you can say, “I don't take responsibility for that.”

## **GUILT AND RESENTMENT**

Anger often is a signal that action is required. If you feel resentful or victimized and are blaming someone or something, it might mean that you haven't been setting boundaries in your thinking which transcends to others. If you feel anxious or guilty about setting boundaries, remember, your relationship with yourself suffers when you're unhappy. Once you get practice setting boundaries, for your thinking you feel empowered and suffer less anxiety, resentment, and guilt. Generally, you receive more respect from others and your relationships

## **SETTING EFFECTIVE BOUNDARIES**

People often say they set a boundary, but it didn't help. There's an art to setting boundaries. If it's done in anger or by nagging, you won't be heard. Boundaries in your thoughts are not meant to punish but are for your well-being and protection. They're more effective when you're assertive, calm, firm, and courteous. If it's a person and it doesn't work, you may need to communicate consequences to encourage compliance. It's essential; however, that you never threaten a consequence you're not fully prepared to carry out.

It takes time, support, and relearning to be able to set effective mental or person boundaries. Self-awareness and learning to be assertive are the first steps. Setting boundaries isn't selfish. Its self-love - you say "yes" to yourself each time you say "no." It builds self-esteem. But it usually takes encouragement to make yourself a priority and to persist, especially when you receive pushback.

## **SETTLING FOR SECOND BEST**

We may cling to the irrational belief that things are good enough in the relationship between us and our thinking - that we feel a measure of security and that this is as good as it's likely to get. In the process, however, we give up the chance to explore our sense of fulfillment in life. We give up our own life dreams in order to maintain the security of our old thinking. There is a feeling that if you're thinking changes and grows and finds personal life fulfillment, that you won't be comfortable with. You know, fear of the unknown?

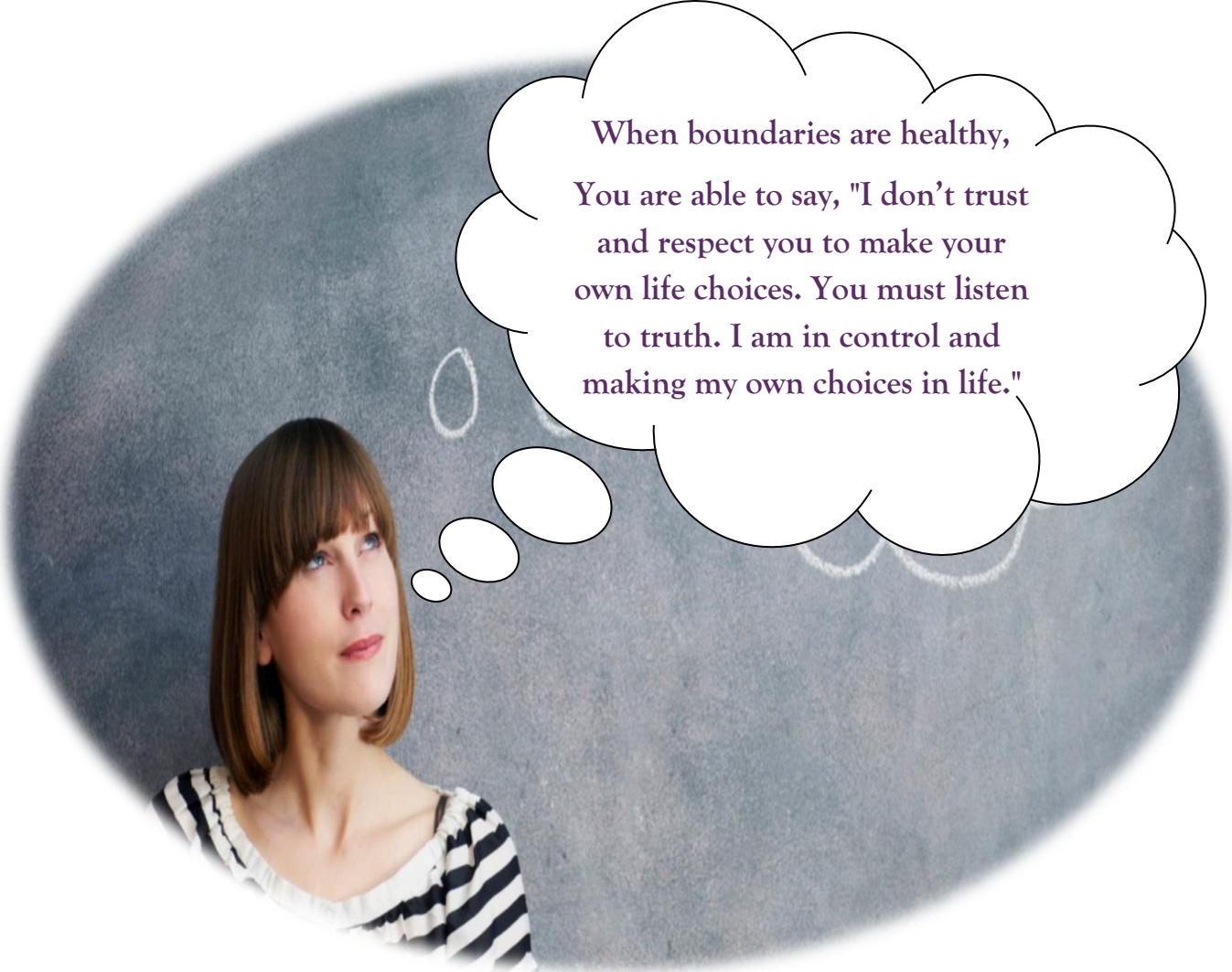
A healthy relationship with your mind is one in which your boundaries are strong enough, yet flexible enough, to allow your thinking to flourish with your own uniqueness. There is a sense of respect on the part of both your mind and your soul that allows each to live as full a life as possible and to explore your own personal potential. You don't have to give up yourself for because of toxic thinking. Healthy boundaries allow trust and security to develop in your own relationship with you.

## **OVER-RESPONSIBILITY AND GUILT**

One characteristic of growing up in a dysfunctional household is that we may learn to feel guilty if we fail to ensure the success and happiness of other members of the household. Thus, in adulthood, we may come to feel responsible for our failures. The guilt we feel when we fail may drive us to keep tearing down ourselves and not setting boundaries so that we are always listening to the negative thoughts. When we hear our negative thoughts, and don't challenge them we deprive ourselves of one of the most important features of an independent, healthy and mature life - the ability to make our own life choices and accept the consequences of our decisions.

**A healthier response.....**

**is to show our thoughts respect by challenging them to succeed on our terms. You, of course, can be there to comfort your bully when times become difficult, and you can rejoice together when success is the outcome.**



When boundaries are healthy,  
You are able to say, "I don't trust  
and respect you to make your  
own life choices. You must listen  
to truth. I am in control and  
making my own choices in life."

## The Difference Between Love and Rescue

People who grow up in a dysfunctional family may fail to learn the difference between love and sympathy. Children growing up in these conditions may learn to have sympathy for the emotional crippling in their thinking and feel that the only time they get attention is when they act in negative behavior due to the toxic thoughts. They are listening to their negative thoughts and enabling abusive behavior to continue. They learn to believe their own negative thoughts which cause anxiety. In adulthood, they carry these learned behaviors into their relationships. The thinking stays with them if not challenged and they continue to listen to these toxic thoughts that were created due to neglect and the need to be seen.

As a result, they rescue people with bad behavior. If they can rescue their partner, they feel that they are showing love. They get a warm, caring, sharing feeling from helping their partner - a feeling they call love. But this may encourage their partner to become needy and helpless. An imbalance can then occur in the relationship in which one partner becomes the rescuer and the other plays the role of the helpless victim. In this case, healthy boundaries which allow both partners to live complete lives are absent. Mature love requires the presence of healthy mental and flexible boundaries.

Sympathy and compassion are worthy qualities, but they are not to be confused with love, especially when the lack mental boundaries have become disregarded. Healthy boundaries lead to respect for yourself and the other and equality in a relationship, an appreciation for the aliveness and strength of yourself and the other person, and a mutual flow of feelings between the two partners - all features of mature love. When one partner is in control and the other is needy and helpless, there is no room for the normal give-and-take of a healthy relationship.



## Fantasy vs. Reality

Children from dysfunctional households are prone to toxic thinking and often feel that things will get better someday, that a normal life may lie in the future. Indeed, some days things are normal, but then the bad times return. It's the normal days that encourage the fantasy thinking that all problems in the family might someday be solved. When they grow up, these adults carry the same types of fantasy into their relationships. They may be convinced of the myth that their thinking created, that they have the perfect relationship - and they may believe, to themselves, that someday all their relationship problems will somehow be solved. They ignore the abuse, manipulation, imbalance and control that caused the negative thinking. Because it went on in their household and they feel its normal. Their thinking has been programmed by what went on in the dysfunctional household. By ignoring the problem thinking, they are unable to confront the thoughts - and the fantasy of a happier future never comes to pass. With no boundaries unhealthy thinking ensues, and we collude with our partner in believing the myth that everything is fine. This makes it difficult to come to terms with the fact that we have wrong thinking.

### "Good fences make good Neighbors"

Learning to have healthy mental boundaries is an exciting adventure, an exercise in personal liberation. It means coming to know ourselves and increasing our awareness of what we stand for. It also means self-acceptance and knowing that we are OK as we are and worthy of the good things in life. When two people with healthy mental boundaries enter a relationship, they encourage wholeness, independence and a zest for life in their partner. The journey to a sense of healthy identity is not always easy - but it need not be all that difficult. It often means letting go of some of our old misconceptions about the nature of the world. It means treating ourselves with respect and appreciating ourselves for what we really are. When we can do this for ourselves, we can take the same approach toward our partner - and then the true happiness and love that our relationship deserves can become a reality.

Please see on the next page the full sheet of “healthy and unhealthy boundaries” and print it out for easy reference daily to complete your journey to joy and wholeness in your life.

If you would like a free 45 minutes "Relieve Anxiety Today" Breakthrough Coaching Session" with Kathy and receive a *Free Self-Care E-Book!!* Or any current issue you are dealing with now. You can [D.M. me here](#) Get your free 45-minute session or if you want this training one on one.

 SCHEDULE NOW

## Here is what we will accomplish in the session:

- ✚ Create a crystal-clear vision for “ultimate success” so you know exactly what you want, where you’re headed, and what you need to do to make it happen.
- ✚ Uncover hidden challenges that may be sabotaging your ability to make changes that last or that is slowing down your progress.
- ✚ Leave this session renewed, re-energized, and inspired to finally achieve the change you seek – once and for all.
- ✚ To break free from toxic thinking to new exciting possibilities.

**HERE IS YOUR PRINTOUT  
FOR  
HEALTHY AND UNHEALTHY BOUNDARIES**

**HEALTHY**

- ✚ **Feeling like your own person.**
- ✚ **Feeling responsible for your own happiness.**
- ✚ **Togetherness and separateness are balanced.**
- ✚ **Friendships exist outside of the relationship.**
- ✚ **Focuses on the best qualities of both people.**
- ✚ **Achieving intimacy without chemicals.**
- ✚ **Open, honest and assertive communication.**
- ✚ **Commitment to the partner.**
- ✚ **Respecting the differences in the partner.**
- ✚ **Accepting changes in the relationship.**

**UNHEALTHY**

- ✚ **Feeling that the relationship should always be the same.**
- ✚ **Blaming the partner for his or her own unique qualities.**
- ✚ **Feeling incomplete without your partner.**
- ✚ **Relying on your partner for your happiness.**
- ✚ **Too much or too little togetherness.**
- ✚ **Inability to establish and maintain friendships with others.**
- ✚ **Focuses on the worst qualities of the partners.**
- ✚ **Using alcohol/drugs to reduce inhibitions and achieve a false sense of intimacy.**
- ✚ **Game-playing, unwillingness to listen, manipulation.**
- ✚ **Jealousy, relationship addiction or lack of commitment.**

# *Kathy's Confident and Success Coaching*

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If you would like to be part of our Facebook group for more support and empathy to your individual situation [click here](#).

If you would like more coaching help for anger, depression and sadness and to get the expanded version book "to Boundaries Freedom" you can go [here](#)

Kathy is a Confidence and Success Coach with 30 years of experience & teaches classes for adults and children. Kathy is committed to sharing with you the best of what she's learned for 30 years of Coaching for anxiety, Co-dependency, Boundaries, Healthy Relationships and Self-love. Most of all she would love to hear more about you. Let her know what your needs are for anxiety, depression relationships or success.



If you would like to join this group for extraordinary [life changing live](#) coaching: click on the picture below



Master's Degree in Psychology.

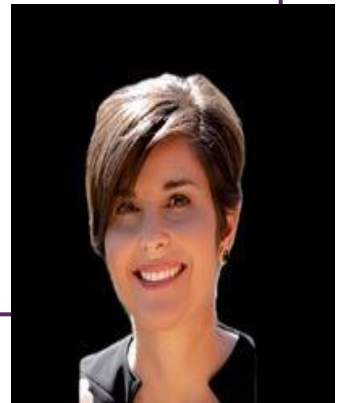
I pray you are loved and empowered in all things

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## *Confident and Success Coaching Testimonials*

I had heard a few friends talk about coaching and how it had helped them. When I tried it for myself, I was looking for a sounding board, and a sense of accountability. **Coaching with Kathy gave me that plus a whole lot more.**



Through Kathy's coaching I was able to identify where I needed to set healthy boundaries, and to stand firm on what my truth is. She gave me the tools to use every day, as I move closer to walking in Freedom. I would highly recommend her services.

**In just over 2 months** I have turned my life around. Goals that I set myself to achieve in 6 months are being secured in a matter of months. I'm making huge leaps and bounds every day with my personal and professional life.



Kathy was so intuitive about what my needs were. She made me realize that my feelings are legitimate, and she truly gets me. Kathy helped me to move in a **healthier direction personally and emotionally.** I highly recommend her. I'm so glad I found her. Carol, Twain Harte Cal.