

this is not a drill. this is a pandemic.

It's what you do when boundaries are broken that matters, and this pandemic is giving us plenty of chances to practice.



Good Morning,

I hope that you're all doing well and practicing your boundaries because this week's topic is a doozy. Enforcing boundaries is nobody's favorite thing to do. It's awkward, often at a point of high stress, and involves conflict (sorry enneagram 9's).

This pandemic is wrecking havoc on our emotions. It's so much harder to summon the patience, compassion, and empathy we desperately need when under this much stress. Self-care rituals replaced with home schooling, formerly friendly neighbors feuding over masks, and teachers, essential workers, the elderly, and the immunocompromised being treated as if they're disposable. Stakes are high and fuses are so short that people aren't just crossing boundaries, they are blowing them to pieces. People are going out of their way to employ judgement, lies, and even violence to deliberately cross the boundaries of others. It's ridiculous and unacceptable.

If there was ever a time when we need to be diligent about enforcing personal boundaries, it's now, but how you do it is up to you. What works well for me is making the severity and rigidity of the consequence proportional to the breach of the boundary. Somebody who punched me in the face would be out of my life much faster than somebody who gossiped about me. However, it's

important to remember that these are unprecedented times, and pretty much everyone is stressed AF.

Most of us are fortunate and *privileged* enough to normally operate in the top 3 tiers of **Maslow's Hierarchy of Needs**, but during a pandemic, our safety and security are greatly threatened, and many people's unmet needs venture down into bottom physiological tier including things like air (no ventilator), food (no money), sleep (no child care), and shelter (evictions). Our needs change in situations like this so it's only natural that the people you want to spend time, the things you want to talk about, and the boundaries you need to enforce to stay sane may change.

We're all different; **some will have rigid boundaries, others porous, and some a healthy balance**. Keeping people at distance or disassociating with anyone who steps a toe out of line can seem like you're just practicing high standards, but you're actually letting fear (of rejection, of hurt, of conflict, of disappointment, etc.) dictate how much connection your life has, and we *all* need connection, especially right now. If you have trouble saying no to people or get overly involved in others' problems, that's also unhealthy. You want to aim somewhere in the middle; not compromising your values for others, and knowing and communicating *specifically* what you need.

Communication is vital to enforcing healthy boundaries because let's face it, people aren't mind-readers. What's OK for somebody, might be highly offensive to another. There's no harm in asking somebody, "am I making you uncomfortable?" or telling somebody, "it's offensive to me when you say that." Unloading on everyone is often times inappropriate, but saying nothing and letting resentment build up is just delaying the inevitable. So find balance between rigidity and flexibility when enforcing your boundaries.

As with any period of personal growth, when enforcing boundaries, it's normal to see a change in "scenery." As we grow up (yes, even as grown-ups we grow up) we evolve. Commonalities, core beliefs, values, and lifestyles can change drastically in the course of a year, so it's only natural that your group of friends and acquaintances might too. This happens to me every so many years, and while it is *hard* to let go of people I truly care about, there simply isn't space for them in my life anymore. A difference in opinion becomes a difference in core values; a simple disagreement leads to insults and hurtful words, a commonality fades away without much remaining. Whatever it was, whoever's choice it was, the outcome is always the same; sadness, grief, and loneliness followed by wave after wave of relief and clarity. It doesn't mean a person can't be in my life anymore, it just means that their role in my life needs to change.

Now, before your pruning season begins, a word of caution; often times when boundaries are crossed (and there is a global pandemic), emotions are high. Cortisol, the stress hormone, is released, which kicks our fight-or-flight mode

into high gear, clouding our judgement. **While abuse and other safety issues need to be handled immediately**, in most other cases, having the "boundary-breach" conversation should not happen until you're in a stable mood. It's necessary to communicate your emotions accurately, so beating around the bush, avoidant behavior, or sob-yelling won't help anything. Do what you need to do to get your mind right, then approach people with grace, acceptance, and most of all honesty.

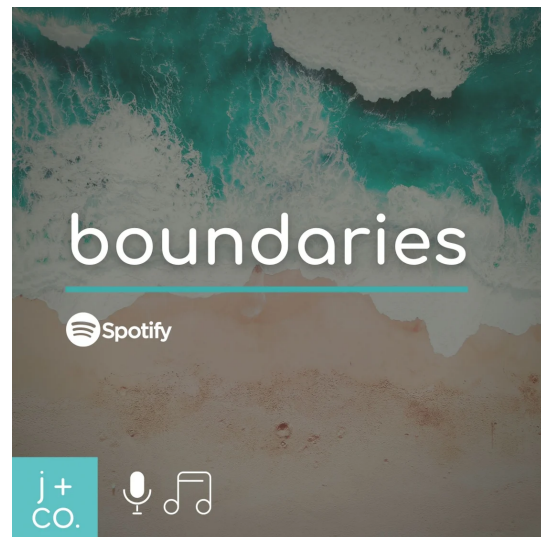
becky

dig deeper

NEW SPOTIFY PLAYLIST

boundaries


A mix of podcasts and music around the subject of boundaries. This playlist takes you through the lessons, awkwardness, and feels associated with enforcing personal boundaries.



[listen now](#)


you might also like

[read more on the blog](#)



How to enforce
personal boundaries

without making things weird



5 simple ways to be
kinder to yourself when
you feel overwhelmed

AKA: when you're stressed AF

Help shape the future of Joon + Co.

and help me personalize the content you receive

Ok, I've got 2 minutes

joon + co.



You received this email because you signed up on
our website or made a purchase from us.

[Unsubscribe](#)