



We're people like you.

Peer Group Chat

Date: 10/08/23

Title: Setting Boundaries & Expectations

Description: Setting boundaries and expectations for ourselves and our loved ones can provide a really important foundation for navigating complex mental health. Let's come together to discuss what our expectations and boundaries might be, how we could establish them, and communicate them with others.

Amber22 (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Setting Boundaries & Expectations.
----------------------	--

SANE

We're people like you.

Amber22 (PSW)	<p>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of Setting Boundaries & Expectations. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to discuss and identify our own personal boundaries that we can communicate to others. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about identifying and implementing our own mental health boundaries. @Jynx, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-fqs) or message @Jynx. We're looking forward to creating a space where we can reflect and learn more together about Setting Boundaries & Expectations.</p>
Amber22 (PSW)	<p>Within this group tonight we'll be talking about:</p> <ul style="list-style-type: none">How our boundaries and expectations might differ for different peopleHow we might handle when our boundaries or expectations are challenged by othersManaging and maintaining our boundaries and expectations for our own mental health

SANE

We're people like you.

Amber22 (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @amber22
Amber22 (PSW)	Welcome! @Jacques:)
TideisTurning (PSW)	Hi there @Jacques:)
Jacques	hi @Amber22 (PSW)@Jynx (Moderator)@TideisTurning (PSW)
Amber22 (PSW)	Welcome! J and @sammy3:)
Jacques	sorry i was not online last week, i was having a breakdown and was not well enough to join.
sammy3	Hi, I'm sammy3
Amber22 (PSW)	Aw that's okay, I hope you're doing better this week @Jacques
Jacques	I'm a bit fragile but doing better @Amber22 (PSW)thank you :)
Amber22 (PSW)	Welcome! @Snowie
TideisTurning (PSW)	Hi Everyone! :)

SANE

We're people like you.

Amber22 (PSW)	Q1: What are some boundaries and/or expectations that you have in your everyday life?
Amber22 (PSW)	Welcome! @Blackbird 11
Blackbird 11	Hello everyone
Jynx (Moderator)	Big one for me is communication. I'm neurodiverse so I say what I mean and mean what I say, and I generally suck at reading between the lines so I really need folks to do the same for me
Jacques	i really struggle with boundaries, where to set them and if they upset others, i guess one of my main boundaries is respect, when i feel disrespected i get very upset. i try to limit each day how much time i spend helping others.
Amber22 (PSW)	That is very understandable! @Jacques, sometimes our boundaries can upset others but sometimes they are necessary for our own mental health
Amber22 (PSW)	Welcome! @Kermit
Snowie	I find it hard to set boundaries in my life. I think I have them but struggle to let others know. I find I am very uncomfortable with people hugging/touching me, but I don't think I have the strength to tell anyone that.

SANE

We're people like you.

sammy3	Think I always check in with how I feel now and if I am stressed I place a boundary coz I don't deserve to live stressed out
Jacques	oh i have that too @Snowiei freeze when anyone touches me or hugs me.
TideisTurning (PSW)	This is kind of hard to define, maybe because to me boundaries and expectations can very much depend on context- they can be different depending on the situation and who's involved. a few things that come to mind for me are in terms of respect and open communication- inherent in this for me is listening, and this can be a boundary for me as well in the sense that if someone has not listened to me when I've expressed something, they've crossed a boundary. I am very much 'treat others how you want to be treated' though and generally expect the same of others
Amber22 (PSW)	That is really great, checking in with how you feel is really important to know what boundaries need to be implemented at different times, because they can change! @sammy3
Blackbird 11	Boundaries are hard for me to enforce. I like to be Authentic and look for that in others. I have professional Boundaries required at work and follow them.
Amber22 (PSW)	Welcome! @ch45
Kermit	As I have bipolar I don't answer my mobile or return texts after 9pm to maintain my sleep schedule.

SANE

We're people like you.

J	I have finally figured out how to type here...
Amber22 (PSW)	That's a really good boundary to have :) @Kermit
Jacques	well done J glad you can contribute :)
sammy3	Think good communication on part of the other person is expected - though sometimes there is a role to play by all
Amber22 (PSW)	Great that you figured it out J :)
Amber22 (PSW)	Q2: How might your boundaries and/or expectations differ for different people?
J	Limiting your time spending helping others sounds like a good self-care boundary! We all need to know how much we can contribute and learn to say no to others who are seeking help. Otherwise, we might be facing a burn-out!
Blackbird 11	I think the feeling of safety in different situations can make a difference to boundaries you place
Amber22 (PSW)	Safety is a good one! @Blackbird 11 Definitely different boundaries for different environments

SANE

We're people like you.

Kermit	I think I have different expectations between people at work and people socially as there is an automatic hierarchy at work where
Kermit	you have less influence over your boss for example.
Jacques	my boundaries need to be flexible depending on friends, family or partner. my aunt has paranoid Schizophrenia and can really stress my boundaries, but i have to let a lot of things go because i know it is her illness and she is family, mums friends want computer help and sometimes i have to say no because of my anxiety, and my partner who has complex mental health issues can be a big drain and we both work together and communicate when i am not coping to take some of the pressure off me.
Snowie	I think our past experiences have a big effect on what boundaries we have in place. I find I am very closed of because of my past.
J	Hi @Snowle telling people that your real feeling towards hugging/touching can be daunting as many people have it as their love language. However, it is very important to tell others. It is never rude to say it. In fact, I often feel appreciated when people tell me about it so I can respect their boundary :)
sammy3	I think expectations are a some what similar among people. I know people feel differently about frequency of communications , personal space etc

SANE

We're people like you.

Amber22 (PSW)	Our past can play a massive part in what we now accept and what we might not, and we may feel the need to put more boundaries in place in certain situations because of something we might have gone through, I definitely get that@Snowie
Jynx (Moderator)	I think it can come down to how safe/trusting I feel of a person.
J	can any one teach me how to @ people in this group chat? This is my first time to chat here :)
Amber22 (PSW)	Welcome! scruffypuffball
Jacques	j you just need to start typing someone's name after the "@" and it will show you a list
Amber22 (PSW)	You just have to put the '@' symbol before typing their name :) J
Jacques	@J
J	@JacquesHA! thank you Jacques !! :)
Amber22 (PSW)	Having flexible boundaries is important, but also knowing when to stand our ground with others might be helpful too, I guess it is very dependent on the situation and the people involved as you said @Jacques
Jacques	well done @Jyou learn fast. I'm glad i could help :)

SANE

We're people like you.

Snowie	@Jynx (Moderator)I think it can come down to that. My boundaries seem to be down when it is my husband. But for others it is really different.
Jacques	yes @Amber22 (PSW)boundaries do need to be flexible, if they are to rigid it can cause friction and issues.
Amber22 (PSW)	Q3: How might you handle an occurrence when your boundaries and/or expectations are challenged or disrespected by others?
Kermit	I find this really difficult. Repeating how you stated the original boundary with no further explanation is one method
Jacques	i recently had an issue where my aunt said some really awful things about my partner, i sent her a message asking her to apologise and until she does i will not speak to her or correspond with her. if it is a person who is a friend, i will just stop all contact with them and move on.
TideisTurning (PSW)	For me, my first step is to take some time to cool off (if the situation has brought up big emotions) and/ or work through the issue for myself so I'm clear on what it is and then plan out a response in terms of what I'd like to communicate to the other person from there.
Amber22 (PSW)	That's really good that you stated how you felt and that it would have been hurtful for your partner @Jacques, letting the other person know what they did is a great way to handle it

SANE

We're people like you.

Jynx (Moderator)	Yeah @Jacquesif I communicate my boundaries to a person and they ignore them, I then decide whether that is a person I want to continue putting effort into a relationship
Snowie	I think I close down a lot when my boundaries are challenged. I go back into my shell and would rather just disappear instead of confronting someone.
J	Q3 is a touch one! I have been watching my poor husband setting up firm boundaries with his mom who had been bombarding him with bunch of conspiracy theories and videos... Ouch!
Amber22 (PSW)	Sometimes bringing yourself out of the situation is all you can do at the moment, and that's okay @Snowie
TideisTurning (PSW)	I've definitely felt the urge to withdraw @Snowie
J	I am with you @ Jacques... Families are so different... You can't cut them off... Well, I mean we can but it would be cruel...
Amber22 (PSW)	Cutting family members off can be extremely hard @J@Jacques
Jacques	yes family's can be so so challenging @J it was really hard to fight the urge to never speak to her again, i have always been so nice to her. it is so hurtful she disrespects me so much

SANE

We're people like you.

Blackbird 11	If I feel confident, I am likely to say what the occurrence has made me feel
Amber22 (PSW)	Q4: Have you ever had to reassess a boundary and/or expectation that you had in place? How do you imagine you might go about doing this?
J	@Jacques I guess you have the hope that she can respect your boundary a bit... It sounds like there is a big gap between your expectation and her behaviours... I hope you don't have to interact with her often as it would be awful to feel that urge to cut her off...
Jacques	i have had to modify boundaries to adapt to societal changes, i don't like swearing but i know a lot of people do it so i have had to learn to tolerate it.
Amber22 (PSW)	Social situations can sometimes change our view on boundaries, I definitely get that @Jacques, oftentimes it can be harder to keep our boundaries and expectations around groups of people too!
J	I have to reassess a boundary with a cousin by not telling her my private feelings anymore as I witnessed how she dismissed it or mocked at me. As an adult, it is not a big deal anymore. But as child, I felt hurtful back then.
Blackbird 11	I am working on boundaries with my ex partner. Moving from a relationship to friendship is grey territory. I think honest communication is key.

SANE

We're people like you.

Amber22 (PSW)	That would have been really hurtful, I'm sorry that happened @J
Jacques	childhood trauma can be so long lasting @J
Amber22 (PSW)	Communication is very important, if you can! But sometimes it can be hard to communicate your needs too if you aren't feeling confident @Blackbird 11
Snowie	I'm not sure how I would do this. I struggle to talk to people, let alone set a boundary with them
Jacques	me too @Snowie talking to people face to face is so anxiety provoking for me too.
J	@Blackbird 11 It is a huge step for you! Give yourself time to learn. Be persistent~
Blackbird 11	Yes @Amber22 (PSW) confidence is a motivator
Amber22 (PSW)	It can be very difficult, but it's okay to go back into your shell for a bit @Snowie Communication can be really hard, just doing the best you can is all we can ask @Jacques
Amber22 (PSW)	Q5: How can you recognise experiences that are affecting you negatively and establish boundaries and/or expectations to prevent them from happening again?

SANE

We're people like you.

J	It sounds like you have an eagle to learn the boundary-setting skills. Good awareness! @Snowie
TideisTurning (PSW)	For myself, a huge indicator is when feelings like frustration, anger or general 'puffer fishing' as I like to call it, that have come up. I find it's then about digging deeper to understand what exactly might have caused the frustration for me. Sometimes these feelings are (understandably) stronger in situations where I've already attempted to communicate my expectations or boundaries.
J	Q5 - I will pick up signs like... I have spending way too much time being preoccupied with what they said about me... And feeling annoyed or sad and tried to use the non-sense videos to distract me...
Jacques	when i was 8 i was abused by a nun, she used to lock me in a dark room during breaks, since i have been an adult i have made a boundary to never allow anyone to have control over me. it is also why i struggle to get any work because of the fear of allowing someone to control me. it probably sounds stupid.
J	what is 'puffer fishing' like? @TideisTurning (PSW)Could you please explain further?
Amber22 (PSW)	Oh @Jacques, that does not sound stupid at all. I am so sorry you went through that, thank you for sharing that with us tonight
Blackbird 11	Patterns of behaviour, friends and family can point things out too. Listen to advice and trust your gut. If you can put in a boundary.

SANE

We're people like you.

Amber22 (PSW)	Welcome! Catz
J	I dont think it sounds stupid at all. @JacquesThat was a horrible and daunting experience for a child!!
ch45	Il'm good now at detecting, not sure about setting boundaries....never learnt that one. I just avoid.
Jynx (Moderator)	For me, boundaries are things I set for myself - it is about what I am willing to tolerate, and not about trying to control anyone else's behaviour. So if someone does do something which pushes one of my boundaries I will do my best to communicate with them about how their behaviour is impacting me and whether there's something we can collaborate and compromise on to mitigate that impact. If we can't find a way forward, or if they refuse to acknowledge or make an effort to reduce the impact, I then decide whether I can continue to tolerate it or whether I remove myself from that situation.
Blackbird 11	@Jacquesthats not stupid that's self care
TideisTurning (PSW)	Great question @Jacques! It's just like a pufferfish might puff up when they feel threatened, but in an emotional sense. For me, it tends to happen when I feel frustrated or angry. I heard it from Hannah Gadsby first and have kinda adopted it for myself cause it resonated :)

SANE

We're people like you.

J	@ch45Sounds like you have had a progress about it. There are actually some resources online about boundary setting. I am learning it too. It is a skill that we can all build up over time.
Jacques	thank you all for being so understanding. yes it is part of the fight or flight response for me, i know im not ever totally in control, but i just don't want to ever be in a situation like that again.
Amber22 (PSW)	Q6: What boundaries and/or expectations could you establish to help you manage and maintain positive mental health?
Snowie	I think I need to start standing up for myself and being able to say no to someone.
Jynx (Moderator)	Learning and knowing when to say 'no':1f605: As a recovering people-pleaser, this one is SO HARD
J	@Jynx (Moderator)totally! Its definitely not about controlling others. Notice that we also need to learn and respect others' boundaries too
Blackbird 11	Being aware of what I say yes to and what I say no to and how each impact my health.
Jynx (Moderator)	Absolutely @J - all comes down to communication and respect.
Amber22 (PSW)	That can be really tricky, but really rewarding @Snowie

SANE

We're people like you.

J	I'd better check it out. You got me interested! Now I have a pufferfish in my head haha @TideisTurning (PSW)
Amber22 (PSW)	That's a great thing to be aware of @Blackbird 11
Jacques	i need to learn my own limits, what i can and can't handle, i had a really big mental breakdown this week and it has brought into focus just how much i have taken on and how much i need to limit the hurt, pain and pressure i can handle. my partner has been really good at seeing that she has put a lot of pressure on me and is trying to put less pressure on me and supporting me. i guess i have had to re evaluate everything and will need to take time to really take a good look at my limits and asking for help when i need it.
Amber22 (PSW)	That is a really good point, learning your own limits can take time but it is also really helpful in helping to identify early warning signs too @Jacques
ch45	Apologies, but what does the fourth emoji stand for? (looks like someone with extended sideburns)
ch45	I I have to get glasses
Jynx (Moderator)	Hahaha @ch45 it's actually hands, it's supposed to be a hug emoji.
ch45	Thanks!

SANE

We're people like you.

Amber22 (PSW)	Q7: How might others be able to support you when implementing your boundaries and/or expectations?
J	I think I am going to learn "No, Thanks" to someone who offers me a free sample, for example
Amber22 (PSW)	Saying no thanks is such a simple but effective thing overtime! J
Jynx (Moderator)	Letting them know I'm still learning, inviting folks to let me know if they think I'm not asserting my boundaries enough, asking for patience, and asking for help in understanding others' boundaries has been helpful for me
Blackbird 11	Active listening and encouragement
Jacques	i know my mum has been a big support with my boundary with my aunt, i told mum i was really unhappy with how my aunt disrespected me and my mum fully supports me and feels i am being to kind to my aunt. Having support from someone so close is such a good confirmation on my feelings and thoughts.
TideisTurning (PSW)	Some ways I could think of that others could support in implementing boundaries and expectations is encouraging it and also in some ways modelling. For example if someone sets expectations or boundaries with me, it can help me know not only that it's OK but give me an idea of how to go about doing it.

SANE

We're people like you.

J	Q7 I often get stuck with this question... How can I ask someone to help me to help them to understand my needs?
Amber22 (PSW)	Sometimes it isn't a matter of asking, but rather just expressing it to them and seeing if they can follow your boundaries that you've put in place @JThey might be able to support you in different ways!
Jynx (Moderator)	Maybe in having a conversation with them about your needs, and talk about whether or not you both feel you understand each others' needs @J?
TideisTurning (PSW)	I wonder if modelling might come into it a little @J? If you can show and illustrate for others how you'd like to be treated through how you treat them?
Jynx (Moderator)	Or look to others for examples on how to communicate your needs (or how not to)
Amber22 (PSW)	Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
J	Ive tried before with a person. @TideisTurning (PSW)But that person just does not get it... I don't think she has that awareness... even with my needs clearly writing in my email.... Maybe I should try a F2F conversation like other suggested.... but phew... it needs some courage haha
Blackbird 11	That you can have support that models boundaries with you

SANE

We're people like you.

Jacques	tonight i learned my boundaries seem to be legitimate and i felt a lot of support from this community, thank you all
Snowie	I've learnt that boundaries can help and that I should probably start trying to put some in place.
J	That I can start thinking what I need from others/teams in helping them understand my needs. I am thinking about how I can feel safer enough to communicate those needs now... Thank you!!
Amber22 (PSW)	Aw, I am so glad @Jacques
ch45	I learnt that boundaries are what you can tolerate
Jynx (Moderator)	So lovely to know that this conversation has been so helpful for so many! Wholesome stuff everyone <3
Amber22 (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about our own mental health boundaries and expectations and communicating these with others. Would some self-care be helpful for you after we finish? If so, what might you do?
Jacques	im very fragile tonight, so im going to play with my mala beads and try to use some grounding techniques to help with my anxiety.
Amber22 (PSW)	Sending hugs @Jacques

SANE

We're people like you.

Blackbird 11	Some supper and a hot milo
Snowie	I think I might just head to bed. I will write in my journal to get some things out of my head, then take my meds and hopefully get some sleep.
J	Thank you for sharing your vulnerabilities and self-care strategies@Jacques
J	@SnowieI only started journalling recently. Although I dont like my handwriting, I feel it is a helpful strategy!
Amber22 (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 Boundaries SANE Forums discussion: https://saneforums.org/t5/Social-Spaces/BOUNDARIES-Week-long-discussion/m-p/1087192/highlight/true#M256242</p> <p>2 Personal Boundaries explained: https://www.youtube.com/watch?v=y-kqr4A5gog</p> <p>3 The No BS Guide to Protecting your Emotional Space: https://www.healthline.com/health/mental-health/set-boundaries</p> <p>4 Boundaries and expectations: https://www.loveisrespect.org/resources/boundaries-expectations/</p>
J	Awesome!!! Thank you

SANE

We're people like you.

Jacques	thank you moderators for the wonderful topic and thank you everyone else for all the care and support, good night all. hugs to everyone
Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here.</p> <p>Keep an eye out for the next Peer Group Chat discussion about Getting to Grips with Guilt. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here:</p> <p>https://www.sane.org/peer-support/peer-group-chat</p> <p>You can also ask questions for us to discuss in future peer chats!</p>
Snowie	Goodnight everyone
Blackbird 11	Thank you everyone, goodnight
J	night night
Amber22 (PSW)	We're closing down the room now, good night everyone :)

SANE

We're people like you.