



*Are your
boundaries too
rigid, too open
or healthy?*

Boundary Quiz
Find your boundary type

What are boundaries?

QUICK JOURNAL EXERCISE

Grab your journal and your favourite pen. Now, without overthinking it, and trying to craft the perfect answer, be really honest with yourself and jot down your thoughts and feelings on these questions:

1. WHAT ARE BOUNDARIES?

2. HOW DO THEY MAKE YOU FEEL?

3. HOW ARE THEY WORKING FOR YOU RIGHT NOW?

Why are boundaries Important?

In the absence of boundaries, chaos & drama flourishes.

Boundaries can either make or break relationships. It is the cornerstone of deeply compassionate people & thriving relationships.



WHAT IS A BOUNDARY?

Boundary setting is a practice of self-respect and respect for others. It is the structure or value system which YOU put in place in order to define the people, behaviour and experiences you want to include in your life - which are aligned with who you are, what you need and how you want to feel. It is the sacred container for thriving relationships.

In it's simplest description a boundary is a Yes or No compass.

DEFINITION

Personal boundaries are guidelines or limits that a person creates to identify for themselves what are safe, reasonable and permissible ways for others to behave around them. And how they will respond when someone steps outside those guidelines.



Boundaries are built out of a mix of beliefs; personal values; past experiences and social learning.

Where are your current boundaries on the spectrum?

WEAK/ NO BOUNDARIES  RIGID BOUNDARIES?

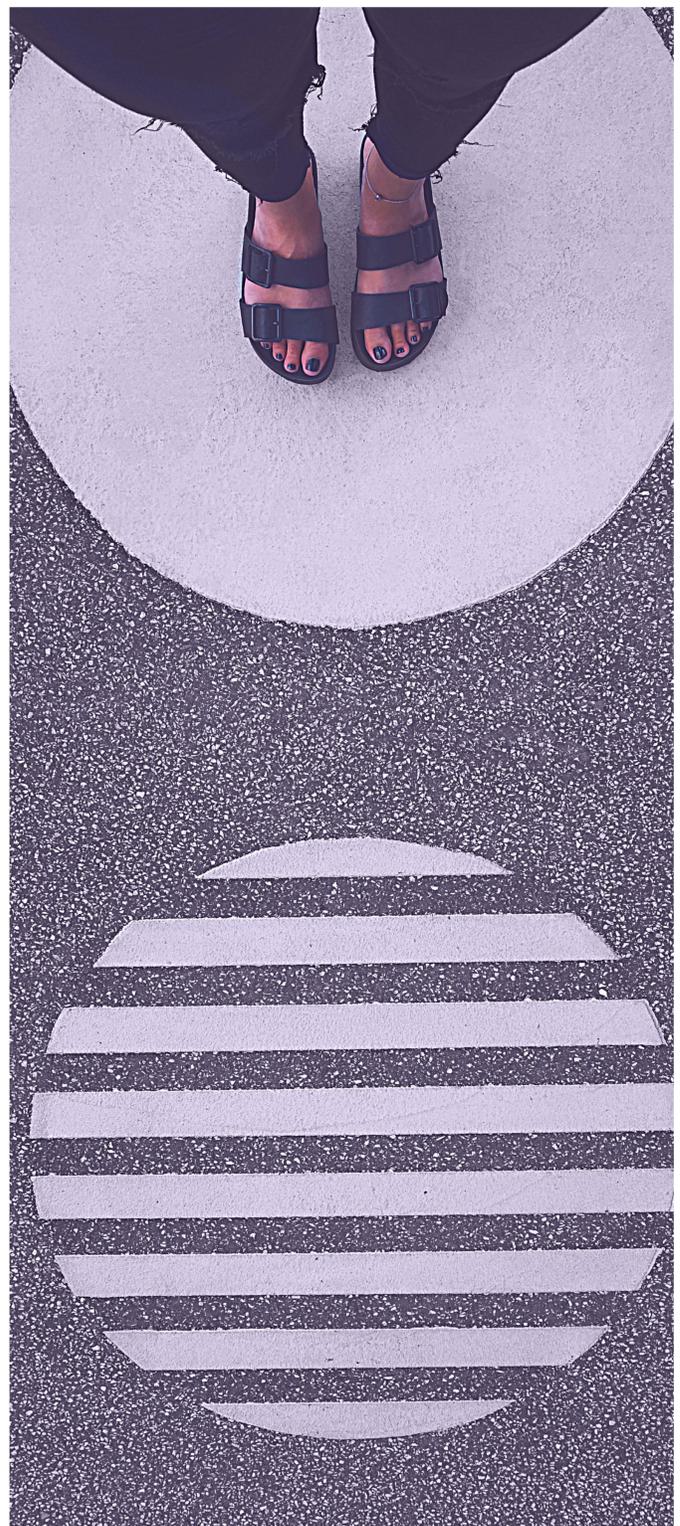
Boundary types can be seen as a spectrum or on a continuum. On the one extreme end we have "rigid boundaries" and on the other we have "weak or no boundaries". The sweet spot - healthy boundaries, is in the middle, a balance which empowers your life.

It's important to re-evaluate the personal boundaries we were taught in childhood, so that we can make the necessary adjustments in order to live an empowered life with thriving relationships.

BOUNDARY SPECTRUM QUIZ

Read each statement below and check the ones which are the most true for you. It's important to answer the questions honestly. Be compassionate with yourself, and refrain from self-criticism.

Acknowledgement of our current reality, is the first step to creating sustained change.



Personal boundary spectrum quiz

RIGID BOUNDARIES

- I find it difficult to trust others and keep people at an emotional distance.
- I feel frustrated when people do not see things the same way as I do.
- I become annoyed when people borrow my stuff, even if they ask first.
- I am uncomfortable with physical contact, unless I initiate it on my terms.
- When I help others or am generous, I expect others to return the favour.
- I very seldom invite people into my space, at home or my office.
- I have a tough time acknowledging and expressing my feelings and seldom consider the feelings of others.
- I often resort to using anger or intimidation to get my way.
- I criticise others when they don't do things in accordance with my way.
- I control my environment to help me feel sane.

SCORE

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Your score is the total number of statements checked.

WEAK BOUNDARIES

- I place the needs and wants of others before my own.
- I find myself unable to "no" when I'm uncomfortable with doing something.
- I allow others to speak for me.
- I try to "fix" others problems.
- I agree with others to avoid conflict, and feel resentment afterwards.
- I'm afraid to say "no" out of guilt or fear.
- I find myself accepting inappropriate treatment from others, even though I said I wouldn't.
- I'm afraid to say "no" because I don't want to disappoint others.
- I find myself doing more than my share of the workload.
- I have the "disease to please"...

SCORE

:

Personal boundary spectrum quiz

HEALTHY BOUNDARIES

- I am comfortable expressing my true feelings.
- I am able to respect others for who they are without trying to "fix" or change them.
- I am comfortable with others expressing their emotions.
- I am able to make my own decisions, taking my own interest into account, whilst taking others perspective into account.
- I understand that conflict is a natural part of intimate relationships, and choose to deal with it constructively, rather than avoiding it.
- I respect other people's preferences, needs, and feelings but don't feel the need to defer to them.
- I'm not afraid to disappoint or anger others by stating my opinion.
- I take accountability for my own well-being and don't take on responsibility for others feelings.
- I'm willing to end a toxic relationship rather than to continue to allow others to hurt me.
- I am able to set personal boundaries that protect my energy, my time, my body and my other resources (financial, emotional, social and material) without feeling guilty, fearful or stressed.

SCORE

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SCORE RESULTS

The score results speak for itself. You will now have some clear insight into where you can empower your boundaries.

Relationships are the cornerstone of our lives. We are in relation with everything that touches our lives: *food, money, people, our past, present and future, and the environment we live in.*

All of these relations are connected through the golden thread to our relationship with self.

If we cultivate a healthy core, we are free to experience the transformative power of love, to access our true heart's longing, to express our purpose and to live our best selves in this one precious life.

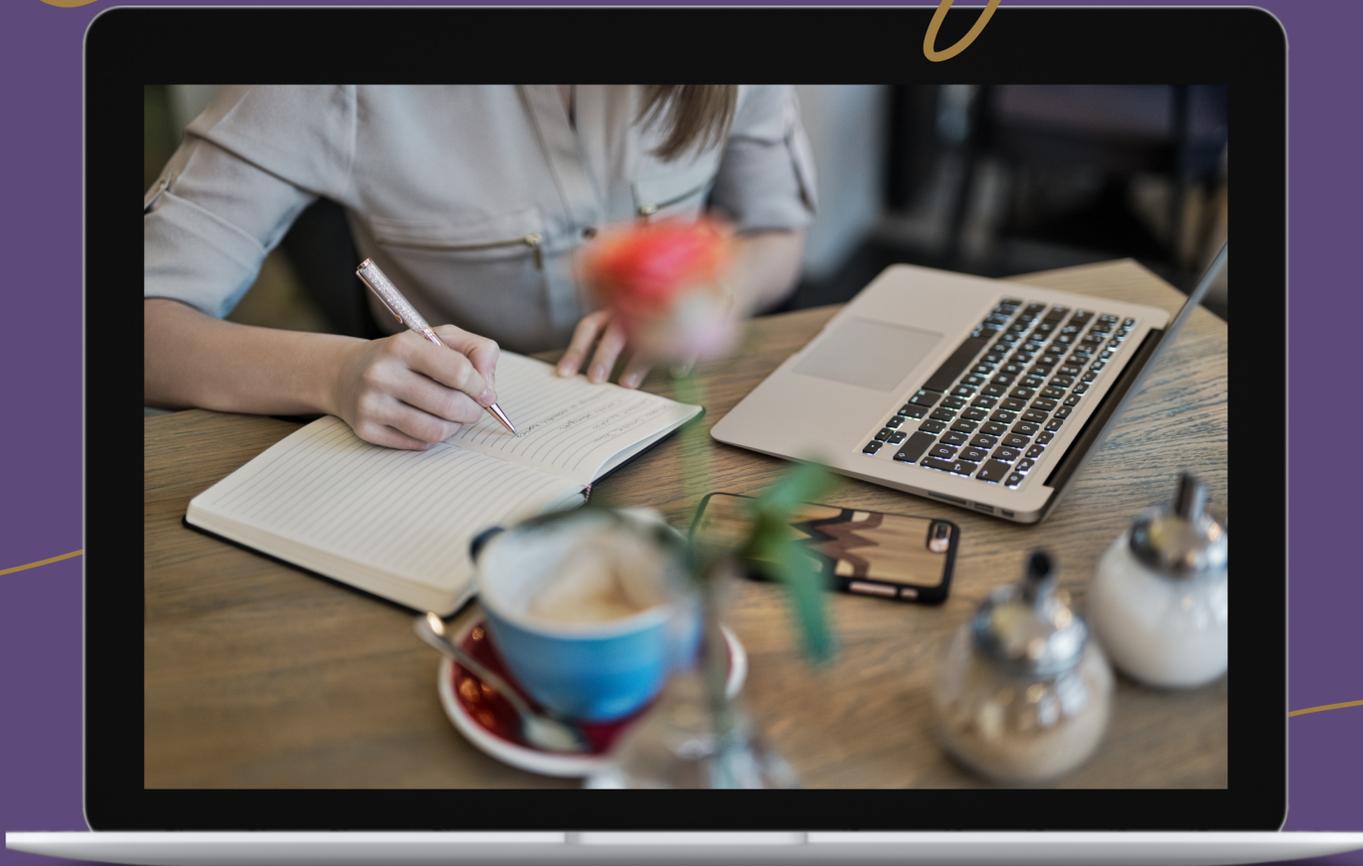
The happiest, successful and most compassionate people have one thing in common.....

The skills to create

clear, solid, transparent, expansive boundaries!

START THE MASTERCLASS

Boundary Baseline *Online Program*



A transformational self-paced online masterclass for women who feel overwhelmed, stuck & disappointed to experience fierce personal **freedom**, luminous **clarity** & **thriving relationships**.

IN THIS MASTERCLASS YOU WILL

[REGISTER NOW](#)

- ✓ Get **clarity** on what IS and is NOT okay with you.
- ✓ Discover **why** you have boundary **struggles** and learn how to **overcome** it.
- ✓ Learn **how** to **set** boundaries with **ease, grace & confidence**.
- ✓ Learn how to **manage** boundary **bullies & energy vampires**.
- ✓ Learn effective **communication tools** for having the **hard conversations**.
- ✓ Learn how to **stop abandoning yourself** for the sake of others.
- ✓ Learn how to start **living, loving & leading from your authentic self!**
How can others love you authentically, if they don't know you authentically?

Testimonials

BOUNDARY LOVE FROM ATTENDEES



Bridget Finklaire

AUTHOR & PSYCHOTHERAPIST



I highly recommend this training!

"I knew for some time that I needed to look at boundaries, but I put it off for ages because it didn't sound very sexy. It sounded cold, harsh and clinical and I could feel my resistance bubbling up. As usual with these things, life forced me into a place where I really had to examine my boundaries for the sake of my own health. Once I'd committed to the course, I was enthusiastic, but nothing could have prepared me for how fascinating, interesting, powerful and insightful the Master Class Training was! I never knew there was so much to boundaries! This work uncovers deeply hidden blind spots, unconscious childhood patterns and forces you to really 'know thyself'. I found it incredibly refreshing that my boundaries were not going to be dictated by someone else: I get to choose what they are, it's ok to have them and it's ok to be who I am. Because Eleftheria is an experienced counsellor and facilitator, she's able to uncover a great deal in a very short time as well as hold the space for personal challenges to be discussed and resolved. I really felt held. All of us were able to talk through immediate, current problems which we faced within our lives. Understanding everything behind boundaries – what underpins them, what they are, why it's important to have them and how to put them in place and maintain them – has been a valuable life lesson. I highly recommend this training! "



Sarah Bowes

URBAN SAVVY DESIGN



A deeply powerful experience.

"I signed up for the Boundaries master class as I felt exhausted in a number of my relationships, both personally and professionally. But there was one particular relationship that left me feeling abused, disrespected, belittled and irrelevant. These negative feelings started echoing through my life and I was feeling bereft and at total loss on how to change my increasing negative self-perception. The Boundaries master class took me on journey through the origins of my limiting self-beliefs from childhood, to the current agony I was experiencing in my relationships and then in to the tools that I could implement to make the necessary changes I needed in my life..

Eleftheria brings a certain kind of magic and presence to the process of personal development healing. It can't be described with words or touched with your hands but it can most certainly be felt as a patiently powerful presence when she holds the space for you to walk into the depths of your soul to uncover all the self-doubt and fears that have unconsciously held me back throughout my life.

An indescribable shift happens when you start discover the gems of your existence are also hidden in the depths of that same soul. A deeply powerful experience "

A message from



Eleftheria

Teaching the inner work and skills required to Master Healthy Boundaries has been a recurring topic in both my private sessions with women, and in group seminars over the course of more than two decades. The results of this powerful, life-altering practice is so deeply valuable, that I was inspired to create a comprehensive Masterclass program.

This masterclass is a compilation of tried and tested techniques and tools which teaches you the "How to" stop people from trampling over you; to get out of overwhelm no matter what your circumstances are; and to take back control of your life, so that you can live and thrive without resentment.

Focussing solely on the core underlying issues which prevent or block you from setting healthy boundaries, and the skills to maintain and honour your boundaries, is the key to empowerment. This enables you to live your best life!

At this pivotal watershed moment, women are experiencing an innate collective call to action to voice the unspoken, to speak their truth, and in One voice, to say NO.

We can do this with grace, feminine power and root to rise together.

It all starts with saying NO or YES and braving to speak our truth.

Looking forward to sharing the freedom, connection and compassion mastering the art of boundaries gifts us with you!

Luminous Love, Eleftheria



eleftheria.center

Inside the *Boundary Baseline* program

MODULE 1



Review

The first step on our game-changer journey starts with a life-review on your current boundary status. You will uncover why you have particular boundary blocks, and how to overcome them.

- You will clarify exactly what boundaries are, and how they **impact** your life daily;
- **Identify** your current boundary style, and find the sweet spot; Learn how to **manage** boundaries in the digital age;
- Discover the underlying wise "why" behind your choice of personal and professional terms of engagement;
- Uncover your **boundary story**, and the root issues which govern your boundary challenges.

MODULE 2



Reclaim

In the 2nd module we journey into the heart of reclaiming your personal truth, clarifying what matters to you most and learn how to set boundaries from this place.

- Identify your **triggers**, let go of over & under functioning;
- Understand the framework of trust and dispelling **defence** mechanisms;
- Cultivate **compassion** in shared boundaries of engagement
- **Strengthen** your ability to stay calm in the face of boundary **bullies**;
- **Transform** the internal dialogue and narrative which **blocks** healthy, thriving relationships.

MODULE 3



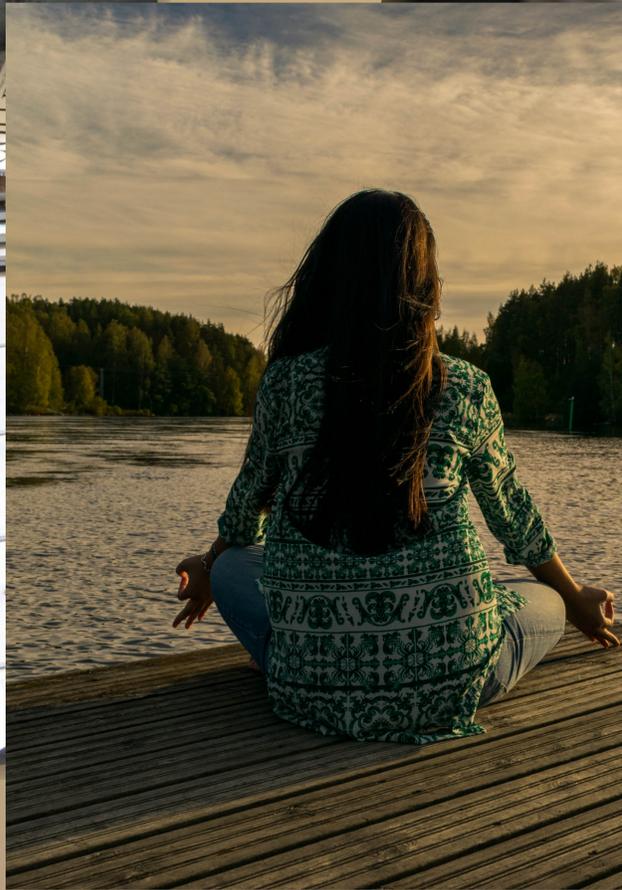
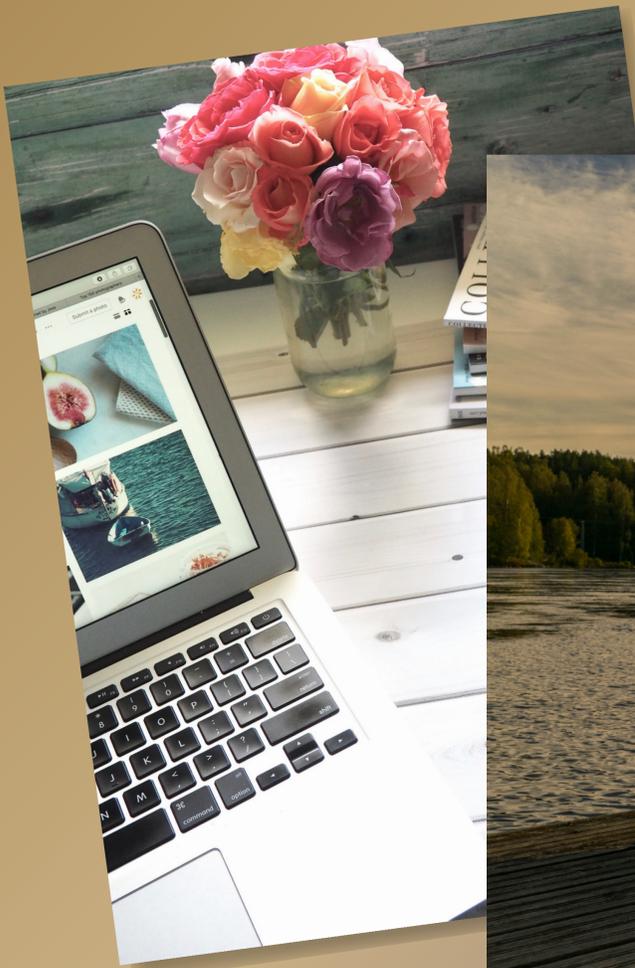
Root

In the 3rd module you will **Root** for your **Rise**, so that you can live your best life with confidence, freedom and sovereignty!

- Identify your **core values**;
- Learn effective **communication** tools;
- Cultivate the courage to **navigate** the hard conversations;
- Learn how to **protect** yourself without isolation or building armour;
- Clarify the strategies to **hold** your **boundaries** in place;
- Create your new boundary story and **vision**.

Be Kind & Gentle with yourself!

You have a right to your feelings.
YOU get to choose who enters
your sacred space!



[JOIN THE COURSE](#)