

LET'S TALK BOUNDARIES

HOW I BECAME COMFORTABLE SAYING 'NO'.

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As a self-certified people pleaser it can be hard to communicate what I do, or don't want. Here three things that I've learned along my journey of making boundaries.

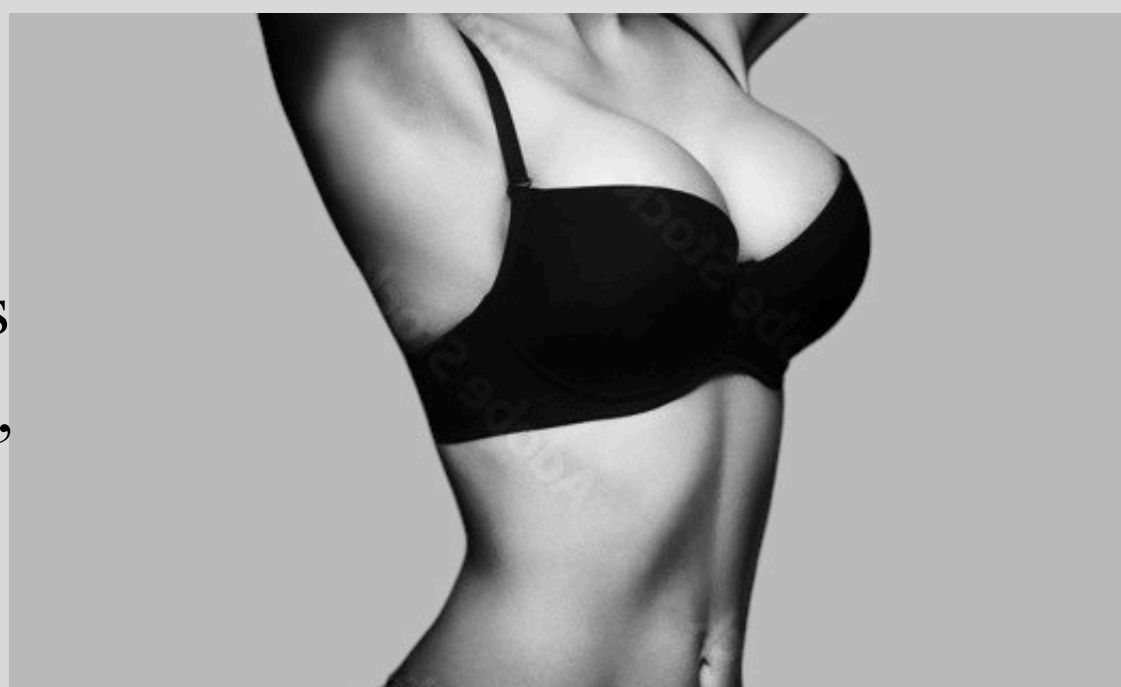
How can I make a BOUNDARY?

The best I would define a boundary in this context is it's that line in the sand that signals a person's limits.

When it comes to making a boundary there isn't a set 'protocol' or 'guide'. What has helped make my

boundaries is looking into what I don't like and communicating that if it's brought up in intimacy.

There is no set number of boundaries or specifications on what they can be, it's all a personal journey. I've found the hardest part to be *upholding* boundaries with intimate partners.



Secondly, it is harder to say NO to someone that I am in love with.

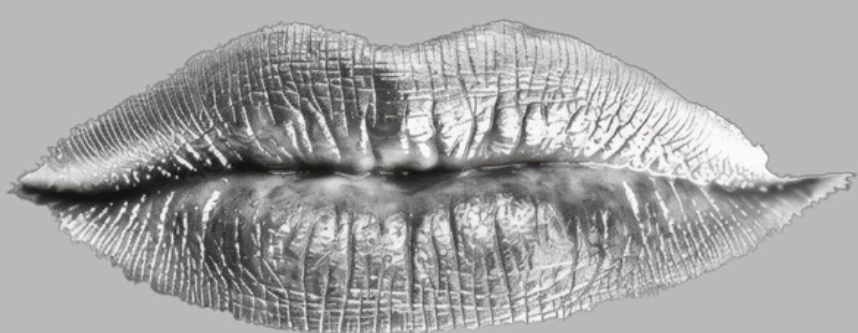
Loving someone romantically is a thrilling, exhilarating feeling. So when I fall, I fall head over heels. It's difficult to say no when I care about someone, more so an romantic partner.

What I found has helped me is that realization, if they love me they wouldn't want to hurt me. That isn't love if a partner ignores my needs, and a boundary is a need.

In writing this article I hope people pleasers like myself acknowledge **personal boundaries always matter**.

Thirdly, your intimate partner should RESPECT your boundaries. If they don't, move on from them.

It's 100% worse to do something I don't want to do and regret it later, than dealing with the initial reaction of saying no to a partner. While keeping true to my comfort limits, it has definitely hurt some partners feelings. Nobody likes to be turned down so some reactions I've gotten from saying 'no' to intimate partners have been they'd either ignore me, get irritated or try to coax me into changing my mind. Trust me here, if they don't respect YOUR BOUNDARIES that's a giant red flag I've learned to not waste my time on.



Boundaries are such an important part of intimacy. I've found it ties into respect and communication in intimacy, which are two important things to know in and out of the bedroom.

