Self

Creating Boundaries While Doing What You Have to Do!

- Change your number.
- If you must remain in contact with the person, give yourself time to speak with them. When they call - let the call go to VM and call back when you're ready.
- Move (or redecorate). It doesn't have to be anything extreme...you can move to a different side of town, a new apartment within your same community, or get that new bedroom set you've always wanted. Change, in any form, can be healing for the soul.
- Distance yourself from mutual friends. However, if you've established strong relationships and don't want to lose a friend, ask that they don't discuss that person around you. If they honor your friendship, they will respect your request.
- Only communicate through text or email.
- Ease up with communicating with their family. If children are involved, keep it cordial, but stop with the mother-in-law, sister-in-law, etc...keeping this type of connection will only prolong the time it will take you to heal and move on.

Love

Self

Creating Boundaries While Doing What You Have to Do! Cont'd...

- Just because they text, comment on a SM post, or call does not mean you have to respond. You don't owe them anything! And if you do....
- Pay them back! If you owe them, especially money, honor your commitment, and pay them back as soon as you can!
- DO NOT, I repeat, DO NOT air your dirty laundry on SM. Heal in peace and move in silence!
- Acknowledge the role you played in the relationship and forgive yourself. Then find a way to forgive them.
- Workout! A strong body = A stronger mind
- PRAY.
- Meditate.
- Try something new.
- Treat Yourself!

Love