



Am I Abandoning Myself to Keep the Peace?

A Quick Reflection on Boundaries, Approval, and Self-Respect

Keeping the peace can become self-abandonment when I repeatedly give up honesty, needs, values, or boundaries in order to manage another person's reaction. A healthy boundary does not control someone else. It clarifies what belongs to me, what I will participate in, and what I will do next.

Keeping the peace is not the same as having peace.

What Is Happening Here?

1. What am I doing, agreeing to, tolerating, or avoiding that does not feel right to me?

2. What would I prefer to say, ask for, decline, or change?

3. What am I afraid will happen if I am honest or set a boundary?

What Is Mine and What Is Theirs?

4. What is actually my responsibility here?

5. What reaction, feeling, or choice am I trying to manage that belongs to the other person?

Consider: my honesty, tone, choices, boundaries, communication, and follow-through are mine. Their feelings, opinions, disappointment, agreement, and response belong to them.

Boundary or Self-Abandonment?

6. Is this a reasonable compromise, or am I violating something important to me to keep the peace?

7. What boundary would let me stay connected without abandoning myself?

8. What can I clearly say or do, and what will I do if the boundary is not respected?

Before I Choose

Am I saying yes because I mean yes, or because I am afraid to say no?

Am I being considerate, or taking responsibility for someone else's feelings?

If I were not managing their reaction, what would I choose?

Which choice will I respect tomorrow?

A boundary is not a demand that another person behave the way I want. It is a decision about how I will participate.

Other people are allowed to have feelings about my boundaries. I can care about those feelings without making them my responsibility.