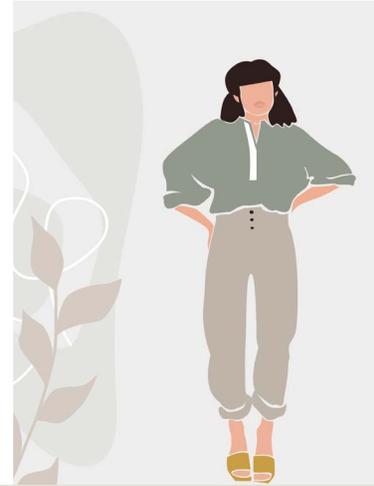


Terri Cole



BOUNDARY
STYLE *guide*



THERE ARE 6 BOUNDARY STYLES



THE ICE QUEEN



THE PUSH OVER



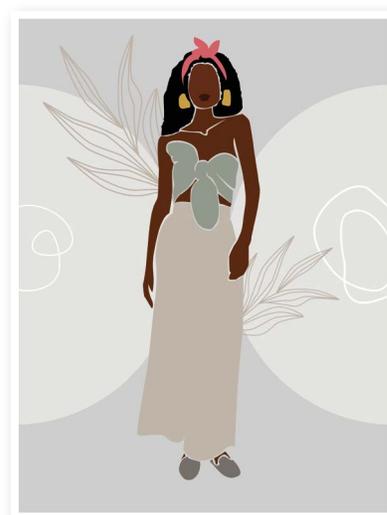
THE LONER



THE CHAMELEON



THE POWER HOUSE



THE PEACE KEEPER

Before we explore these in a bit more detail, a few reminders:

1. All Boundary Styles are equally valid and most people identify with more than one.
2. Your Boundary Style is also influenced by other factors such as life experiences, modeled behaviors, and your natural personality traits.
3. Raising your awareness of how you are relating to boundaries right now is the first step to changing what's not working.
4. Learning about the Boundary Styles can help you understand how you may be behaving if you are OUT OF BALANCE which could be because you are stressed, triggered, or unsure of the healthy boundary action to take in the moment. Next, you can compare it to the BALANCED, healthy boundary behavior list for your predominant style. This will raise your Boundary IQ and provide behavioral choices more aligned with becoming the **Boundary Boss** you know you were born to be.

Below is a chart of the 6 most common disordered boundary styles along with their contrasting healthy boundary actions.

You can use this comparison chart as a reference guide to identify a behavior as OUT OF BALANCE and then compare it to its BALANCED, healthy boundary behavior.

The goal is to become aware of your out of balance Boundary Styles so you can begin to transform ineffective, unhealthy or nonexistent boundaries into stronger, healthier, appropriate ones.

You've already identified your primary Boundary Style through the quiz.

Read through the chart to identify which other boundary styles might resonate with you. Once you've done that use the journal questions below the chart to explore and continue raising your boundary style awareness and related healthy boundary actions.

STYLE	OUT OF BALANCE (Disordered Boundaries)	BALANCED (Healthy Boundary Actions)
Ice Queen	<p>RIGID</p> <p>People might describe you as:</p> <p>Unavailable, Stubborn, Closed Off, Inflexible, Unspontaneous, Uncompromising, Unchangeable, Adamant, Tough.</p> <p>You can come off as believing that your way is the only way.</p> <p>If others don't agree, you will go forward solo.</p> <p>You are not afraid to let people know where you stand and if others disagree, you are not that interested in hearing their point of view.</p> <p>You can be distrustful, easily offended and more likely to cut off or avoid the offender than tell them why you are upset.</p>	<p>FIRM YET OPEN</p> <p>When you go from using a rigid to firm yet open boundary style,</p> <ul style="list-style-type: none"> • You can set and maintain limits that are solid while staying present. • You are clear about what IS and IS NOT OK with you internally and you can calmly share it in your relationships. • You can maintain your stance without anger, even if others disagree, and your follow-through is great! • You know what is important to you and what you want. Which is a strength! • You stay solid in the face of conflict. Even your body language says, "I am confident but approachable." <p>Affirmation: <i>I can soften and set boundaries with kindness and ease.</i></p>

STYLE	OUT OF BALANCE (Disordered Boundaries)	BALANCED (Healthy Boundary Actions)
Push Over	<p>INVISIBLE</p> <p>People might describe you as:</p> <p>Nice, Too Open, Non-assertive, Overly Accommodating, Passive.</p> <p>You can feel invisible and although you might be aware of how you feel and what you want, sharing that in the moment can be difficult because you tend to freeze.</p> <p>This can leave you feeling used, hurt, misunderstood and resentful.</p>	<p>FLEXIBLE</p> <p>When you go from using an invisible to a flexible boundary style,</p> <ul style="list-style-type: none"> • You know what you want and can state it clearly. • You are genuinely open to listen and are curious about how to truly collaborate with others not just be of service. • You feel calm, satisfied, and seen after speaking your truth. • You are open to all possibilities. • You let go of trying to control people out of fear. • You can also compromise and stand firm in what you want. <p>Affirmation: <i>I can speak my truth with ease, grace, and courage</i></p>

STYLE	OUT OF BALANCE (Disordered Boundaries)	BALANCED (Healthy Boundary Actions)
The Loner	<p>DISTANT</p> <p>People might describe you as:</p> <p>Unreachable, Distant, Disconnected, Cold, Absent, Unreliable, Non-Communicative, Aloof.</p> <p>It is difficult for you to share yourself emotionally or physically with others in a deep way.</p> <p>Who you really are and your inner most thoughts and feelings, could remain a mystery to your nearest and dearest family and friends.</p> <p>You can be self-protective and elusive.</p>	<p>APPROPRIATELY DISENGAGED</p> <p>When you go from a distant to appropriately disengaged boundary style,</p> <ul style="list-style-type: none"> • You peacefully and consciously decide to either retain or break off a current connection, either for the moment or permanently. This is done responsively not reactively. • You don't need the other person's permission to disengage and you don't need to disengage with only actions by disappearing. • You learn to enjoy being with yourself and with others. • When you practice using appropriate language for initiating the end of a meeting, a phone call and even a date, you will feel less compelled to ACT OUT your desire for things to end. <p>Affirmation: <i>I express my desire for closeness or separation with words that flow with ease.</i></p>

STYLE	OUT OF BALANCE (Disordered Boundaries)	BALANCED (Healthy Boundary Actions)
The Chameleon	<p>ENMESHED</p> <p>People might describe you as:</p> <p>Codependent, Symbiotic, No Opinions of Your Own, Weak Identity, Overly Influenced by Your Partner, Friends or Family.</p> <p>You can take on the likes, dislikes, and opinions of those close to you.</p> <p>Your self-esteem can be dependent upon approval and reassurance from your relationships.</p> <p>Your self identity is determined more by your relationships than by your own individuality.</p>	<p>AUTHENTICALLY ENGAGED</p> <p>When you go from using enmeshment to an authentically engaged boundary style,</p> <ul style="list-style-type: none"> • You are not afraid to be seen. • You can initiate contact with others and take proactive actions instead of feeling compelled to react to the cues of others. • You stay dialed into your feelings and your reality. • You allow yourself to be open and selectively vulnerable. • You are willing to take a risk and allow yourself to give AND receive. <p>Affirmation: <i>I create a balance between independence & interdependence in my relationships with ease.</i></p>

STYLE	OUT OF BALANCE (Disordered Boundaries)	BALANCED (Healthy Boundary Actions)
<p>The Power House</p>	<p>INTRUSIVE</p> <p>People might describe you as:</p> <p>Forceful, Bossy, Invasive, Insensitive, an Interrupter, Self-Centered, Pushy.</p> <p>You can be charismatic as you're pushing your agenda forward, regardless of how anyone else may feel about it.</p> <p>You can be blind to others' discomfort or resentment.</p> <p>When really out of balance you can sit too close, talk too loud or give unsolicited advice or criticism.</p>	<p>ASSERTIVE</p> <p>When you go from an intrusive to an assertive boundary style, you are making gentle waves.</p> <ul style="list-style-type: none"> • You take action and inspire others. You are a change maker and a leader with athletic listening skills. • You gently take charge and express your point of view. • You know when to step up, speak out, and be seen as well as when to sit down and remain silent to allow others to be seen. • You learn to enjoy collaborating as well as making decisions. • You are willing to take a risk to push less and allow more. <p>Affirmation: <i>I balance my desire to lead with a willingness to collaborate with ease and grace.</i></p>

STYLE	OUT OF BALANCE (Disordered Boundaries)	BALANCED (Healthy Boundary Actions)
<p>The Peace Keeper</p>	<p>HYPER-VIGILANT</p> <p>People might describe you as:</p> <p>Highly Sensitive, An Empath, Fearful, Vigilant, Conflict Averse, Over- Functioner, Hyper-Receptive.</p> <p>You likely suffer from the people pleasing syndrome, which leaves you little time or space to authentically know or pursue what you really want.</p> <p>Your main goal is to avoid or defuse conflict.</p>	<p>PRESENT</p> <p>When you go from a hyper-vigilant to present boundary style,</p> <ul style="list-style-type: none"> • You are in the flow of your life. • You enjoy being a part of the group yet remain aware and present to your internal experience plus your external environment, equally. You can enjoy being in the moment and open to life’s many opportunities. • You become masterful at adapting to an array of situations as you stay firmly aware of your own preferences and desires. • You flow with what is happening with the knowledge that you are NOT responsible to eliminate conflict from your world, just to manage your own side of the street with integrity. • You relax and enjoy. <p>Affirmation: <i>I easily discern my responsibilities from those of others, and allow things to flow with ease.</i></p>

Choose the style or styles that resonate with you the most and journal any thoughts or feelings that come up.

Do you find that you react as one style in some situations and another in others?

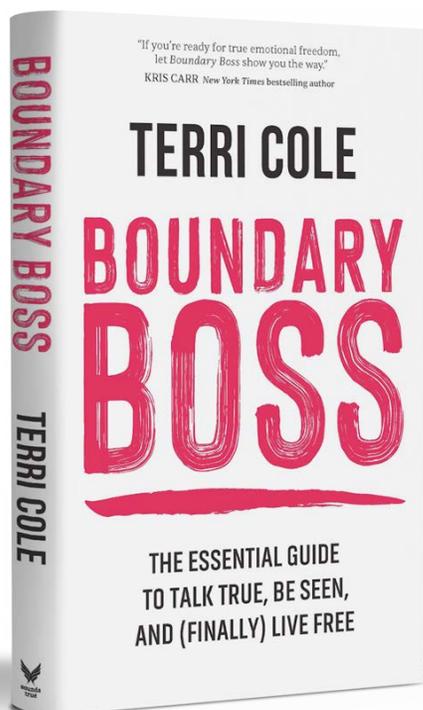
List the places that it happens and which style you are reacting as.

ACTIVITY

Set a timer 3x a day to stop and repeat the affirmation for your primary style.

Bonus if you use the gorgeous affirmation wallpaper as your desktop or mobile screen saver as a gentle reminder of what's possible.

LEARN HOW TO GO FROM
DISORDERED BOUNDARIES TO HEALTHY BOUNDARIES



Get your copy of **BOUNDARY BOSS** now and get all of the preorder goodies.

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Terri Cole is a licensed psychotherapist and global leading expert in female empowerment.

For two decades, Terri has worked with some of the world's most well known personalities from international pop stars to Fortune 500 CEOs. Terri has a gift for making complex psychological concepts accessible, and then actionable so that clients and students achieve sustainable change i.e. true transformation. She empowers over 250,000 people weekly through her blog, social media platform, signature courses, *Real Love Revolution™* and *Boundary Bootcamp™* + her popular podcast, *The Terri Cole Show*. She is also the author of *Boundary Boss - The Essential Guide to Talk True, Be Seen and (Finally) Live Free*.

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