SETTING LIMITS

Sometimes it's hard to learn to care for yourself as much as you care for others. And if you tend to view other people's needs as more important than your own, it can be doubly hard. This exercise will help you identify some areas in which you might be shortchanging yourself.

List a few of the demands on your life that absolutely must be done. Include the needs and demands from your work, spouse, children, relatives, church, other organizations, etc.:

Now think about your own needs.

Do you wish for any of the following?

- ❑ more free time
- ❑ space to do work
- ❑ more time with spouse, kids, etc.
- ❑ help with household chores
- ❑ someone to talk to
- ❑ more help with the kids
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____

What limits can you set to guarantee that you'll get your share of the pie? What are you willing to stop doing for others so that you can meet your needs?

It takes practice to be firm about your limits. When you allow others to step over your limits, what is the most common reason?

- ❑ ***I feel uncomfortable saying "no."***
- ❑ ***I'm afraid of losing someone or something (my friend, my job, my spouse, my children's love).***
- ❑ ***I feel guilty if I don't.***
- ❑ ***Their needs seem more important than mine at the time.***

When you allow time for your own needs, to balance out the time you spend doing for others, you'll probably be surprised at how much more you accomplish all around.