

PRC's June Community of Practice: Podcast Chat

Being Well Podcast: Building Healthy Boundaries with Nedra Tawwab

Link to Podcast:

<https://www.rickhanson.net/being-well-podcast-building-healthy-boundaries-with-nedra-tawwab/?highlight=nedra%20tawwab>

Nedra Tawwab's Definition of Boundaries:

Boundaries are expectations and needs that help you feel safe and comfortable in your relationships. Expectations in relationships help you stay mentally and emotionally well. Learning when to say no and when to say yes is also an essential part of feeling comfortable when interacting with others.

The following are some questions that we will be discussing at the Podcast Chat. You will be welcome to share your thoughts and reflections at your comfort level. There will also be the opportunity for you to ask questions and share anything else from the podcast that sparked your interest!

- Where do you find it easy to set boundaries?
- What makes it hard for you to set boundaries?
- How were boundaries taught in your family?
- Think of a time when you wanted to say no but didn't. How could you have expressed the boundary?
- Is there any part of your life where you would like to set a boundary right now? List one to three places or relationships where you would like to set a new one.
- In your work with families, how can you help parents to both establish boundaries in their family as well as honour and validate the boundaries or needs that their children are expressing?

If you'd like, here is the link to: Free Boundaries Quiz on Nedra Glover Tawwab's website

<https://www.nedratawwab.com/boundariesquiz>

Looking forward to seeing you at the Podcast Chat!
Liz and Joanne