



HURSTPLACE

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How assertive are you?

Assertiveness Quiz

Assertive behaviour allows people to stand up for their own rights without infringing on the rights of others. Answer “yes” or “no” to the following questions to see how assertive your behaviour ranks.

1. Do you feel responsible when things go wrong, even if it is not your fault?
2. Do you look directly at others when you talk to them?
3. Do you feel intimidated by people in authority?
4. Do you often feel so angry you could scream?
5. Do you know how to ask for help without feeling dependent?
6. If someone cuts in front of you in line, do you usually tell them off?

Answers to the assertiveness quiz:

1. (No) *The assertive person takes responsibility for their behavior, but does not take responsibility for the behavior of others or the situations which are beyond their control.*
2. (Yes) *Direct eye contact is assertive and suggests sincerity, self-confidence and the expectations that others will listen.*
3. (No) *An assertive person does not allow status to intimidate them.*
4. (No) *The assertive person works to get their needs met and does not let situations build to the point of crisis.*
5. (Yes) *The assertive person is able to ask for help without feeling dependent they maintain a strong sense of self worth and self respect.*
6. (No) *Telling someone off is an aggressive response. The assertive person would state that they are irritated by the unfairness and would ask the person to move to the end of the line.*

Message from the Director

As summer approaches and vacation plans begin to take shape, it can be tempting to try to fit a month of activities into a week. Even though the summer months usually bring extra time we don't often make the best of it.

Balance out activities with downtime, making room for tasks you put off during the busier months. For some, self-reflection can seem uncomfortable, but turning off the music and tuning out the everyday distractions can allow for some shifting in the sands of your mind. The summer months offer ideal weather for finding new and fun ways to breakthrough a fitness flat line. Ride your bike, walk through the park, run on the beach or go for a swim.

If the summer months offer more time for the tough tasks you've been avoiding, take advantage of it! Pick one project or spot in your house that needs attention.

It's been a while since New Year's, but are you seeing the positive effects of your resolutions? Notoriously broken, many people set unrealistic New Year's resolutions and feel either the guilt over failure or indifference. Why not come back to them, look at your progress, re-evaluate and get back on track? Or, throw resolutions out all together and create a new set of goals that reflect a lifestyle change that is more realistic, complete with mini-milestones to celebrate along the way. When busy and hectic schedules take over, summer vacation provides an opportunity to “shut down”.

But using some of that extra time to get your life in order is an investment in a happier return to work, a healthier body and a rejuvenated mind. Remember, this time is for you, and investing in yourself now means reaping more personal rewards in the future.

Warmest Regards;

Wendy Murdock,
Executive Director



Healthy Boundaries in Relationships

Boundaries are the emotional and physical space that we place between ourselves and other people. Setting proper boundaries is important to our mental, emotional, physical and professional health. When appropriate boundaries are not in place, we run the risk of creating resentment, feeling overwhelmed and appearing inauthentic.

Saying “no” can be difficult. We are taught to be accommodating. Without boundaries you are likely to lose your real self, your autonomy and your well being in a relationship.

Feeling and behaving like a hostage in a relationship is common when boundaries are unhealthy. Doing and saying things that are not authentic in order to be liked can create a boundary-less relationship. Other examples may include loaning money you don't want to give and giving gifts or doing favours that are beyond your means or inappropriate. Self empowerment, therefore takes a back seat and resentment becomes the main focus in the relationship.

The first and most important aspect of a relationship with healthy boundaries is being clear on what you are feeling. The habituation of having poor boundaries results in the numbing of feelings that can be important clues. If you are constantly feeling angry, frustrated, hurt, resentful, boxed in, pushed, rebellious or victimized in a relationship, these are signs and symptoms that there are boundary issues in that relationship. Pay attention to what you are feeling. Don't rationalize it away!

It is also very difficult to simultaneously create limits and boundaries and take care of other people's feelings. All you can do is take care of yourself and try to communicate in a clear but kind and gentle manner. Practice alone before you speak to the other person. It does get easier.

It is important to remember that setting boundaries is not about controlling your loved ones. Drawing boundaries is more about defining what is acceptable to you and letting others know about it in a clear manner. Remember that very little will change if you set a boundary and don't follow through. You are only responsible for your own feelings and it is important to remember that you cannot please everyone all of the time.

Good Boundary Communication:

Sometimes, the words are just not there if you have not experienced or been taught good boundaries. Here are some examples of sentences you might use to create a good boundary when negotiating in a relationship.

- I would appreciate you not yelling at me when you are angry. I will listen to you if you speak calmly to me.
- That just does not work for me. Please stop it.
- I will be leaving by 5pm today. Tomorrow I will pick up where I left off.
- I need you to communicate with me calmly and honestly when we disagree. I won't participate in aggressive communication.
- I am not ready yet. I need more time.

With time, good boundaries will be a real part of your life. A new normal is just around the corner. Be consistent and be good to your self.

