

10 Boundary Myths That Are Keeping You Stuck

Myth #1 “Setting boundaries is selfish.”

Truth: Boundaries are *self-respect in action*, not selfishness. They protect your energy, mental health and emotional safety-especially after betrayal. You’re not pushing people away; you’re honoring yourself.

Myth #2 “If I really loved them, I wouldn’t need boundaries.”

Truth: Love without boundaries turns into resentment. Real love *requires* clear limits to thrive. Boundaries help define what’s acceptable and what’s not-so love can be safe, mutual and real.

Myth #3 “They should know what I need.”

Truth: Expectations without communication lead to disappointment. People aren’t mind readers. Clearly expressing your needs is not a weakness-it’s emotional maturity.

Myth #4 “If I set a boundary, they’ll leave or get angry.”

Truth: If someone leaves because you respected yourself, they were benefiting from your lack of boundaries. Anger is a common response, but it doesn’t mean you’re wrong. Healthy people respect healthy limits.

Myth #5 “Once I set a boundary, it’s done.”

Truth: Boundaries are not one-time declarations-they are *practices*. You may need to reinforce, renegotiate, or reassert them over time. That doesn’t mean you’re failing- it means you’re growing.

Myth #6 “Boundaries will make me look cold or unkind.”

Truth: Boundaries are not walls-they are *bridges* to healthier relationships. You can be kind and clear. Compassion doesn't require self-sacrifice.

Myth #7 “Good people don't need boundaries.”

Truth: Good people *absolutely* need boundaries. Being generous or loving doesn't mean being available 24/7 or tolerating disrespect. Boundaries help you give from a place of strength, not depletion.

Myth #8 “Saying no makes me difficult.”

Truth: Saying “no” makes you *honest*. It shows integrity. Being “easygoing” at the cost of your needs only leads to resentment and resentment is far more damaging than being direct.

Myth #9 “If someone disrespects my boundary, I have to explain and justify it.”

Truth: You don't owe anyone a debate over your limits. A boundary is not a request-it's a statement of *what you will and won't allow*. Explanation is optional. Enforcement is non-negotiable.

Myth #10 “I can only set boundaries once I feel confident enough.”

Truth: Confidence comes *through* boundary setting not before it. You don't wait for confidence to lift weights; lifting is what builds it. The same is true with boundaries-practice builds power.

***Ready to reinforce your boundaries? You've taken the first step in reclaiming your power. Let's take the next one together. Book your free self worth strategy call with Denise and learn how to protect your peace without apology.