



Sandra's strategies for life and well-being:

**“Love without Respect dies” (Reich- Gomez 2014):
The importance of boundaries in life and in love...**

By Sandra Reich M.Ed.,

Clinical Director of The Montreal
Center for Anxiety and Depression.

Last year along with Maite Gomez- I wrote a book that became a #1 Best-seller called “Once upon a Time... How Cinderella Grew Up and Became a Happy Empowered Woman” One of the most popular chapters was on the concept that “Love without respect dies”. Why is that? When we first fall in love who cares about respect? Love will sustain us... right? Wrong. Our nature as humans is to value what we work for and that means commanding respect is very important. Furthermore it immunizes us against losing ourselves a common problem in relationships. But how do you do this. With Boundaries and Consequences. . Where do you draw the line in your life and relationships? This question can define so much of your life. Couples in particular can struggle with this issue. A new relationship means new ways of looking at life, possibly new in-laws and maybe even a new family. You will surely be tested...

Many of us are not clear on where the line is. Having a line is a boundary and having a boundary is absolutely necessary to be respected and be taken seriously. It is also an important self- care concept that will protect you from the dreaded “selling of your soul”, that if done repeatedly, ultimately leads to anxiety and depression at the minimum. Take a moment now and think about where you draw the line in your marriage, with your children, with your friends, in business, with caretaking a loved one and in life in general. That is step one: know your limits and live true to them.

Of course the next question often asked in my office is “yes but what if someone does not respect those limits?” A great question because of course someone will try to push your limits. It is part of our human nature, much like we secretly try to get away with not doing a full stop at a stop sign, even though we know we should. What happens when we don’t do a full stop and the police are around by the way? We get a ticket! That is a great metaphor for life as a ticket is a consequence for not respecting a limit. The same holds true for crossing the line in our relationships. Firstly, the rules must be made

clear much like we are all taught at driving school to do full stops at stop signs, we must tell our loved ones, colleagues etc where we draw the line and ask for that boundary to be respected. If it is not respected then a ticket of sorts must be issued.

That leads to the inevitable next question: “What kind of consequence do we give?” Well there is not one set answer on this question, but a consequence almost always involves you! You are being giving, kind and respectful to another and they cross the line- what can you take away? You cannot give them a traffic ticket though it would be tempting at times – but you can remove yourself and trust me they will notice. Not always right away, but give it time. You are important- take yourself seriously.

We forget often to take ourselves seriously and then we are so disappointed when others don’t either. We set the bar for how we are treated. Ironically, we all do better and are happier in relationships and life with boundaries even though we don’t always love them. Would we really want a world without police and tickets? We hate the tickets but love the safety of what the boundary provides. Relationship boundaries work the same way. Whether it is dealing with an aging parent, a romantic relationship, your family, a business colleague or whomever- drawing the line will protect you and that relationship.

Come say hi to us at our FREE “Dance of Relationships” talk (for women only) where we will be tackling this topic. Or join our upcoming courses/groups open to everyone! We have a “Managing Anxiety and Stress” group or a Wedding Prep group .. We also have courses on overcoming your anxiety and stress that are Cognitive Behavioral Based and offered during the day or evening. We now offer Community Fridays with reduced rate therapy with newer members of team if price is a concern. At the center we pride ourselves on having something for everyone. We invite you to please call us for a no obligation FREE 15 minute consultation to find out what is the best option for you. The sky really is the limit- call us at 514-777-4530 or 514-796-4357 or email us at info@helpforanxietydepression.com.

In the meanwhile- Keep your eyes on the stars!

Sandra

Sandra Reich is the best selling author of “ Once upon a Time ...

How Cinderella Grew up and Became a Happy and Empowered Woman” available on Amazon.com or at The Montreal Center for Anxiety and Depression 955 St Jean suite 305 514-777-4530 or 514-796-4357.