



Brave Space  
Coaching

Be Brave.  
Make Space.

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**Hi! I'm Coach Margie**

I'm glad you're reading the Brave Space newsletter. My newsletter is written to share information and support.

“

Your boundaries are not making you lose friends or family members.

Your boundaries are making you lose gaslighters, emotional abusers, needy and greedy manipulators, self-centered narcissists and energy draining vampires.

Keep standing up for yourself! You're doing great.

”

Hello Margie,

I love this quote so much! It perfectly captures how I feel about implementing boundaries. I also heard a new way to describe boundaries this week that I found interesting: Personal Policies. My personal policy is to read without interruptions for a minimum of one hour a day. How does that sound to you?

Before I jump into the next part of the boundary work I'm preparing for my upcoming Masterclass, I want to thank those of you who reached out to me about last week's list of prompts to begin to understand that you need to set some boundaries. The comments were pretty consistent, so I'll address the main gist of the questions I got, which was "Wow, I checked off (most or) all of them! What I do with that?"

My answer is first, you're in good company! I checked off most of them, too. My clients who are doing boundary work with me also had multiple 'pain points' to address. As for what to do with that, I recommend sitting down with your journal and prioritizing them in terms of the amount of personal pain each one is causing you. The one or ones causing you the most grief is/are the one(s) you should consider developing a boundary for first.

Also see if there's a trend line between the pain points. Are all of them leading you back to the need for the same boundary? My guess is that there's one big boundary that, if you put it into place, would alleviate the pain. Or at least reduce it. More coming on this, but for now, please journal about those pain points and see what comes up.

This week I want to describe the kinds of boundaries that you may want to set. I'm going to give you 8 categories of boundaries and I invite you to carefully think about your level of discomfort around each of them. No discomfort, no need for a boundary for it. Yes discomfort, boundary work is needed.

1. **Physical:** These are boundaries regarding your body and how you want to be touched. This could involve whether or not you are comfortable hugging or letting others hold your children or pets.
2. **Material:** These are your boundaries involving your home, items within your home, and your space. This could be refusing to allow someone to borrow the car, or refusing to allow them over unannounced, or limiting the amount of nights in a row they can sleep over.
3. **Spiritual or religion- or faith-based:** Examples include refusing to allow others to try to convert you to their faith or refusing to allow antisemitic comments in your household.
4. **Emotional:** This is a boundary about what you are comfortable discussing and sharing with others. It can be your feelings or your personal history.
5. **Time:** This boundary involves how and where you spend your time. Many people struggle to set boundaries around time with others due to societal pressures and expectations within families and communities. Expectations around where and when to spend holidays and important events are a good example of this.
6. **Sexual:** These are boundaries around your body, how and where you are

comfortable being touched, as well as discussions around your sexuality and sexual identity. Respecting this boundary looks like showing respect for your sexuality by speaking appropriately and not engaging in discussions around sex that make you uncomfortable.

7. **Financial:** This boundary involves finances and how and where you choose to spend your money. This boundary could be limiting the amount of financial help you provide to others or refusing to spend money on lavish vacations that others expect you to attend and pay for.
8. **Intellectual:** Intellectual boundaries refer to your thoughts and ideas and how others respect and show awareness for them. This boundary could involve your opinions and beliefs and whether they are appropriately acknowledged or respected in the family setting.

I'm going to share some of my boundary work and how they relate to the prompts from last week and the types of boundaries from this week. I hope this helps clarify the two lists for you and gives you some inspiration to start working on some boundaries of your own!

In 2021 I was in Covid isolation while my husband was very busy with work. My job had been eliminated right around the time of the Covid lockdown in 2020. I was sad, scared, anxious, and probably depressed. My intake of alcohol increased until it was not unusual for me to finish off one bottle of wine at night only to open another and have one or more glasses.

I was tired all the time. I wasn't taking care of my body, I was irritable and I didn't find joy in anything. I watched too much news and catastrophized about everything. I was resentful of many of the people in my life, even my husband. I couldn't talk to anyone about how I felt. I was ashamed and my problems seemed small compared to people suffering in hospitals and dying. I kept it all inside and quietly drank by myself in my little cocoon.

My body finally let me know that if I didn't set a boundary for myself, my life would be over. I had been experiencing high blood pressure for much of 2021, which I passed off as anxiety about the pandemic and worry about my family. And then one day I ended up in the ER with a blood pressure reading so high the doctor told me I could have stroked out at any moment.

Now there's a wakeup call for something needing to change! Admitting that I needed to quit drinking was one of the hardest decisions I ever made. But I did. I found the courage and swallowed my pride and quit. I set that boundary for myself out of love for myself and the people I love.

When I gained the clarity that alcohol took away, I began my journey back to

figure out who I am and what I wanted out of life. That's when my curiosity about setting boundaries came alive. What other boundaries did I need to set? What had I been saying yes to that I now needed to say no to? Here's a brief list of some of the boundaries I have set so far:

- Time for myself and time for others - I can spend a lot of time inside my head, so I set a boundary for myself to get out and enjoy life on a regular basis. My time for myself is non-negotiable and making time to be with others is too.
- Physical movement - I do cardio and lift weights at least three times/week and nobody gets to take that time from me!
- Vulnerability - oy, this one was hard! I am not a natural 'discloser' of personal information, but I realized people close to me need that from me, and I also realized that I need to be vulnerable if I'm going to help other people build a healthy relationship with alcohol.
- Assertiveness - I continue to work on this one. I learned that my value and my worth are just as important as anyone else's. While I can respect what others think, feel and need of and from me, I can say what I think, feel and need with equal conviction, and also with compassion and kindness.

So now what? I invite you to grab your journal and write about the prompts from last week with the most painful ones at the top. Next, take the list from this week and try to match the pain points to the type of boundary you need to set. Some boundaries are for you to set for yourself, and some involve others. If there's another person involved, list that person in your journal.

Write out the answer to these questions:

- What would my life be like if I set this boundary?
- What positive changes are possible if I could talk to (person) and explain that I need to set this boundary without receiving any judgment or misunderstanding back from it?

I invite you to start your journey with braveness and compassion for yourself. You deserve to live a good life and boundaries are a natural part of that! As always, let me know how you do with these questions and if you need more information.

Until next week, be brave and make space for yourself,

*Margie*

PS: I've got some big news, y'all! Annie has asked me to coach in the October 2023 (Sober October) Live Alcohol Experiment! This is a dream come true for me and I cannot wait to get started. As such, I'll continue to publish this newsletter each week, but my Masterclass is likely going to go live later than I had hoped. Stay tuned and I'll be sure to let you know first!

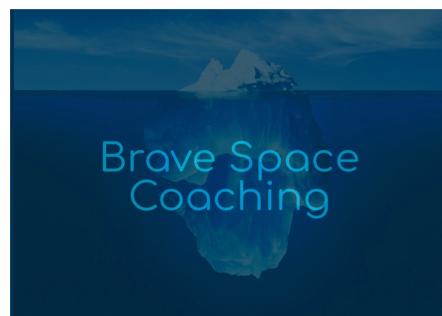


## Enrollment is Open!

If you're sober curious and want to take a break or learn the amazing changes that take place in your body when you go 30 days without alcohol, this experiment is for you! It's not a lifetime commitment, or a contract, or a promise to change your lifestyle. It's just what it says it is: an experiment for you to try. \$47 USD for 30 days of training videos, 30 days of virtual coaching, access to a private community and a complimentary companion journal. You can be as anonymous as you want, if that's what you're looking for. Will I see you there?

Click to learn more and join: [The 30-Day Live Alcohol Experiment](#)

If you have questions about the experiment, send an email to me and I'll be sure to answer it quickly!



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