

EP 202: Christianish A Different Way To Think About Boundaries

I have been a dating coach for six years now, and of all of the things that I have worked to help clients through, um, and, you know, we're talking dozens of women in the past few years. The hardest thing has never been like how to flirt or, you know, how to conduct yourself on a date, or even the whole attracting someone in the first place. I mean, a lot of that is, is simple psychology. Without a shadow of a doubt, the hardest thing has been teaching women how to set boundaries. And today we are going to talk about a different way to think about boundaries and one particular type of boundary that I would like you to set. So, welcome to Christianish. This is the podcast for women who have bibles but don't necessarily have boundaries. Um, and boundaries are something that I talk about a lot.

I have done previous episodes on them, so feel free to peruse and go back through past episodes, um, about boundaries. Today we're having a heart to heart about how to create better relationships and how to create a love that doesn't have you questioning your worth and with someone who sees you and chooses you fully. And in order to do that, yes, you absolutely need to set boundaries with him, but you also need to set boundaries with you. And I would even argue that the setting boundaries with yourself, not only does it come first, but it is more important, um, because after you do that, the boundaries with other people will follow. And as I'm always fond of saying, all relationships are related. So after you set these boundaries with yourself, then you will have healthier boundaries with everyone else. So not just your romantic relationships, but also family, friends, careers will, I wanna be clear about what boundaries are because there is so much therapy speak nowadays on social media, and it is one of my biggest pet peeves because people take a therapy word that they've read in a book or something and they completely twist it.

They turn it into something that is not, and then they wonder why their lives are still screwed up because you're not properly applying the concepts. Because when you actually work on yourself, when you are intentional about loving yourself, putting yourself first, decentering other people, centering yourself, when you're intentional about those things, you create a life even better than what you could have dreamed of before you started your inner work journey. So it's not that therapy coaching those things don't work, is that people don't truly apply it. So when it comes to boundaries, boundaries are not about simply blocking people or going to people whenever you're off and saying, oh, I'm not putting up with this anymore. Like, that can sometimes be part of it, but it's a lot more complex than that.

Boundaries are about you. Boundaries are the things that need to be put in place so that you can be the best friend, sister, daughter, wife, whatever, insert the relationship that you can be. Boundaries are the things that you do when no one else is clapping for you, right? Boundaries are about taking a step away from external validation. They're the things that you do when

You are by yourself with your phone, and you don't send that text message, right, <laugh>. It is when it is Friday night and you're lonely and you don't call up that old situation. It is when you say that you won't date one emotionally unavailable man anymore, and you actually stick to that. You don't make excuses about how it's okay because he's been through a lot or he has so much trauma. I know most of us have been there, we've done that. We've written the entry in our, in our prayer journal. Um, but you need these boundaries in place with yourself. This is the ultimate act of self-respect. And we teach other people how to love us. So if we don't love ourselves properly, we can't expect other people to love us properly as well. Boundaries are about self-discipline, and a lot of times we don't wanna talk about self-discipline because people think about rules and restriction. But let me tell you something from personal experience, self-discipline has given me more freedom than anything else in my life. It's not easy at first, but once you get into a habit of being disciplined, changing your mindset to really focus on doing what is truly best for you,

You won't regret it. You know, I think about, for example, to give you an example that goes away from dating last year, I got really disciplined about my health and fitness and yeah, number on the scale changed. You know, I lost something like 50 pounds, all, all of that. But what was more important to me was the freedom that I received from getting more in shape. Because to be honest with you, my entire adult life, actually, not even just my adult life, my childhood life, right? <laugh>, um, my weight has been up and down. And having that experience growing up that way has kind of taught me that it's not necessarily about the number on the scale. Um, and especially because I, you know, I have friends of all sizes, so I know unhealthy, skinny people, and I know people who are, you know, they'd be considered bigger, but they're incredibly active and they can run faster and further than I can, right? But in my personal experience, when I went through on that journey, the discipline to regularly work out the discipline, to be more intentional about the things that I ate allowed me to be more active. It allowed me to take better care of myself. Um, it allowed me to do more things with my husband. So it improved our marriage because we were going out like to, for waltz in the park and, and certain activities that we were not doing before, right? Um, so self-discipline is really about freedom, and it's also about loving yourself on a really deep and spiritual level. You know, Proverbs four and 23 says, above all else, guard your heart for everything you do, flows from it. And guarding your heart is about setting these boundaries with yourself. It is about saying you're not gonna text certain people back because you already know how the how the story ends. You're not gonna lower your standards because you're tired of waiting. You're not jumping into another relationship when you know good and well that you haven't healed from the last one, right? This isn't about punishment when it comes to self-discipline. It is about protecting yourself. It's about protecting your purpose, your peace. It's about protecting your future relationships, your, your future marriage, um, future relationship with your, with your children, future friends that are gonna come into your life and be more aligned with you than the circle that you currently have. Now, self-discipline is telling yourself that I'm willing to sit in discomfort now so I don't end up in dysfunction later. So again, boundaries are all about freedom, because here's what happens when you don't have boundaries with yourself, right?

You spend all of your time asking, oh, is he gonna text me back? Am I overthinking of this? Or is this really a red flag? Is he gonna get mad at me if I say how I feel? Should I just keep the peace? Should I just not say anything at all? But when you have your boundaries already decided in advance, this is what it looks like to date in maturity and to date with intention, right? This is what it looks like to stop just going with the flow, because you will most of the time just flow straight into disappointment, right? <laugh>. Um, this is about being able to be bold and to show up in your life and to show up in front of other people and say, look, this is who I am. This is what I will and wanna accept. And if what someone else has to offer doesn't align, then you know, I wish them all the best. I love them, but I'm also willing to walk away. I'll walk away with love, but I'll walk away. And this is what, this is what it feels like to have grown women clarity, right?

So, so I'm, I'm trying to be very, uh, I'm trying not to step on anyone's toes, what I say, what I'm about to say, <laugh>. Um, but one of the questions that I get most all the time is, how do I know if my standards are too high? And my response to that is, always, your standards aren't too high. If you are doing those things for yourself, if you ask a potential partner to do something, say for example, be financially stable and you yourself are financially stable, then no, you're not asking too much. The problem that I sometimes see is

I will work with women who, when we start working together, they have these huge expectations for the partner that they're trying to attract. Um, you know, he has to be incredibly tall. He has to, you know, smell perfect. He has to communicate well, be emotionally intelligent. He has to spiritually lead, um, he has to have a great relationship with his family. And there's nothing wrong with having standards. In fact, I think you should not only have standards, I think you should be very firm on your standards, right? But

to my earlier point, if you have high standards of a future partner, you also need to have high standards for yourself. So you can't go around saying that you're not doing casual relationships, but you are constantly going out of your way to make a man happy when this man can't even be bothered to call you on a consistent basis.

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You can't set a boundary for yourself that you're waiting until marriage or that you're practicing celibacy or whatever for a certain period of time till you get to a certain level of commitment. But then you constantly put yourself in situations where you know you're gonna be tempted,

Right?

Right. And this isn't about judging you because God knows I'm not <laugh>. Um, I, I'm not one to judge. I I've made my own share of mistakes as well. But this is about accountability. And, and that's why I don't feel bad about saying these things to you, because at some point I had to say these exact same things to myself, right? And I said it to myself in a much harsher tone than I'm saying it to you. So your boundaries are only as strong as your ability to honor them. I, I had a coach years ago, he used to always say to me that a double-minded woman manifest a mess. And it's is so true. You can't have in your mind one thing and then behave in a way that is completely opposite of that. In order to be aligned with the partner that you believe God has for you, you have to have consistency. And that consistency isn't just in who you date. It is in the person that you are while you are in this dating process. So let's, let's talk for just a second about how boundaries relate to your walk with God.

Growing up, I used to hear so much talk about the importance of being equally yoked in a relationship. And I just want to, before we even dive deeper, explain what equally yoke means. So a lot of the Bible remember that a lot of the cultures that we're dealing with in the, in the Bible are agrarian cultures, farmers, right? And, and one of the things that you see all throughout the Bible is a lot of farming analogies. And this is the same with equally yolk. Equally yolk talks about the idea that if you have animals pulling a plow, you can't have two different animals. Because if you have, say, an ox in a horse and there's, there's a huge, like weight differential, um, one is gonna pull the other harder, and then the weaker one gets hurt. So you have to have two animals that are similar size and strength pulling the plows, right? So that one doesn't get dragged by the other. So it's important that we're equally yoked in relationships with, with our partners, but it's also important that we're equally yoked with ourselves. So many women that I work with, because the majority of my clients are Christian, um, I have women that I work with who are other faiths, um, and I have the occasional client who's more like spiritual and who, but again, the majority of my clients are Christian, the vast majority. And the first time we meet, we always talk about what is it that you want in a man and a husband?

And pretty much every woman, one of the first things that comes out of her mouth is, I want a God-fearing man who knows how to lead some, some variation on that, right? And that's an honorable thing to want, but I question a little bit, you asking about that or expecting a God-fearing man who can lead when you don't have the ability to lead yourself and making Christ-centered choices, right? In order to truly be aligned with the relationship that you want, you have to learn how to choose purpose over preferences.

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If you really want a God-centered relationship, then you have to have that commitment that you would rather be single insecure in God than be attached to someone who pulls you away from that, from that relationship, from your relationship with God, and having that conviction. Back to the idea about self-discipline being freedom, that is true freedom. Because when you are willing to walk away from relationships that don't align with you, there is a peace that comes with that, um, that I don't even know

how to begin to describe that piece. So for the next few days, let me issue a, a challenge I for you. I want you to ask yourself, what is a boundary that you've set with yourself that you consistently break? Just pick one. You know, maybe if, if there's more than one that comes to mind, then take this week on, on one boundary and maybe take next week on another, okay? Um, and just ask yourself, why do you keep crossing that boundary? Why are you afraid to hold onto that boundary? And what will your life look like if you honored it? If, for example, I, when I was in my single season, um, <laugh>

The hardest thing for me was actually staying single. I would consistently hop out of one relationship and hop right into another. Whether or not the new relationship I was hopping into was good for me or not. And it was just because I couldn't stand to be by myself, right? I got bored easily. I got lonely easily, and it was, it was just really hard for me to be single. And I had to ask myself, why do I keep consistently hopping into relationships that are below what I'm asking God for, right? And not necessarily that there was anything wrong with these men. Like, it wasn't like I was in

Like the most awful, traumatizing relationships with the most, oh, most awful guys, right? But they, I definitely found myself in situations with someone who I knew wasn't aligned for the purpose that God had for me. Like they could be good, but also at the same time, not good for me. And when I was, frankly, in a very immature place, I used to always tell myself, oh, well, I'm just doing it for the plot. Um, I'm just bored and I know this isn't someone who's gonna last, but you know, it's cool. It's whatever, somebody I can date for a few months or whatever, and then just hop out. And I had to really dive into what were the things that were causing me to feel like I constantly needed to be in a relationship, right? Why I constantly crossed that boundary with myself to even entertain someone that I knew could not work out long term. So I just wanna remind you, you're not weak for setting boundaries. You're not asking for too much. You are not too much yourself for wanting clarity. Um, you're not too much for wanting consistency. And you see the saying all the time on social media, but it's true. You're not asking for too much, you're just asking the wrong person. So keep your heart soft. Um, keep your standard secure

And be an incredibly, extraordinarily willing to cut off anything that makes you forget who you are and who you are. I love you so much, and if you want help with setting these standards and setting these boundaries and learning what it looks like to truly walk in that freedom, I would love to be there with you along your journey. Um, just check the show notes. If you're listening to the podcast, check the description if you are listening, watching this on YouTube. And yeah, schedule a call to, to talk with me and, and talk about what that will look like. Again, love you. See you next week. Bye. This

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