



Boundaries that Build Trust

A SIG for Coaches

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with

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Defining a Boundary

A boundary is an honest expression of what supports or threatens your well-being, paired with a clear action you are willing to take.

Examples:

“ I’m willing to continue this conversation if we can slow down.

“ If yelling continues, I’m going to step away and return later.

“ I want to hear your concern, and I also need time to think before responding.

Relational Boundaries are connected to:

- awareness of needs
- emotion & feelings
- and self-connection

Rule-based boundaries can land like a demand and create an “enemy” image:

 **Instead of Demands:**

- You're wrong, toxic, manipulative.



 **Try Expressing Your Need:**

- “I’m needing care right now.”



Boundary Survey



Categories:

- Over-functioning (1–5)
- Under-functioning (6–10)
- Blurred responsibility (11–15)
- Internal boundaries (16–20)

Your highest score = your **default pattern under pressure**

Agreements:

- Confidentiality is non-negotiable
- Allow silence
- No advice giving unless invited
- Embrace curiosity (in service of the speaker)

Speakers have 3 minutes each:

1. Which category felt most familiar to you? What helped you recognize yourself in that category?
2. Where do you most commonly lose clarity or overextend yourself in relationships or leadership?

Listening partner: allow silence; help the speaker stay connected to their own thinking and experience.

Needs drive emotions

Feelings vs. Emotions

Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic	← High Energy →
Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated	
Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic	
Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled	
Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful	
Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled	← Low Energy →
Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched	
Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced	
Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree	
Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene	
← Low Pleasantness →					← High Pleasantness →					

Universal Needs

“At the heart of every behavior is the desire to meet a precious need.”

Dr. Marshall Rosenberg

Physical Well-Being: Air · Exercise · Food · Movement · Nature · Rest · Safety
Sensuality · Shelter · Sleep · Sunlight · Touch · Water

Autonomy: Agency · Choice · Choosing/planning one’s dreams, goals, values · Freedom
Honesty · Impact · Independence · Self-Determination · Self-expression · Space ·
Spontaneity

Relating: Acceptance · Affection · Appreciation · Belonging · Being seen/heard
Closeness · Communication · Community · Compassion · Companionship · Connection
Consideration · Contribution · Cooperation · Empathy · Feedback · Inclusion
Interdependence · Intimacy · Love · Mutuality · Participation · Respect · Sexuality·
Shared reality · Sharing · Support · Transparency · Trust · Understanding

Self-Connection: Authenticity · Awareness · Celebration · Clarity · Competence·
Consciousness · Creativity · Growth · Integrity · Meaning · Mourning · Presence
Purpose · Self-acceptance · Self-expression · Self-realization · Self-respect · Spirituality

Joy of Life: Adventure · Beauty · Comfort · Diversity · Ease · Hope · Humor · Inspiration
Joy · Play · Well-being

A Process for Clarifying Boundaries

SELF-EMPATHY for Self-Connection The goal is to stabilize your own nervous system first; move from conflict/judgment to need.

1. What story is your mind telling about them? (*Say it uncensored*)
2. What actually happened? (*What would a camera capture?*)
3. What are you feeling?
4. What do you need?
5. Finish with, “No wonder I _____.
_____ is important to me.” (Name the need)

EMPATHY FOR THE OTHER PERSON

(Only move here when you're ready to be curious). The goal is to loosen the “enemy” image.

1. If they shared their thinking for their behavior, what might they say?
2. What might they be feeling?
3. What might they need?

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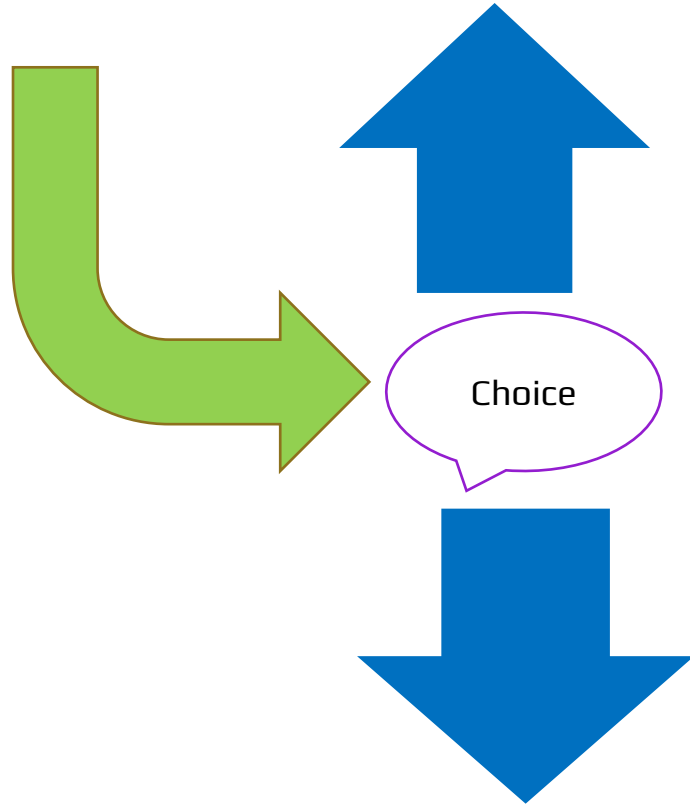
Wednesday, June 10

Wednesday, July 8

Wednesday, August 5

Wednesday, September 9

Wednesday, October 28



Stimulus

Response

CREATING SPACE

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor Frankl