



Boundaries that Build Trust

A SIG for Coaches

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with

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What did you learn about yourself that you may not have fully noticed before?



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.

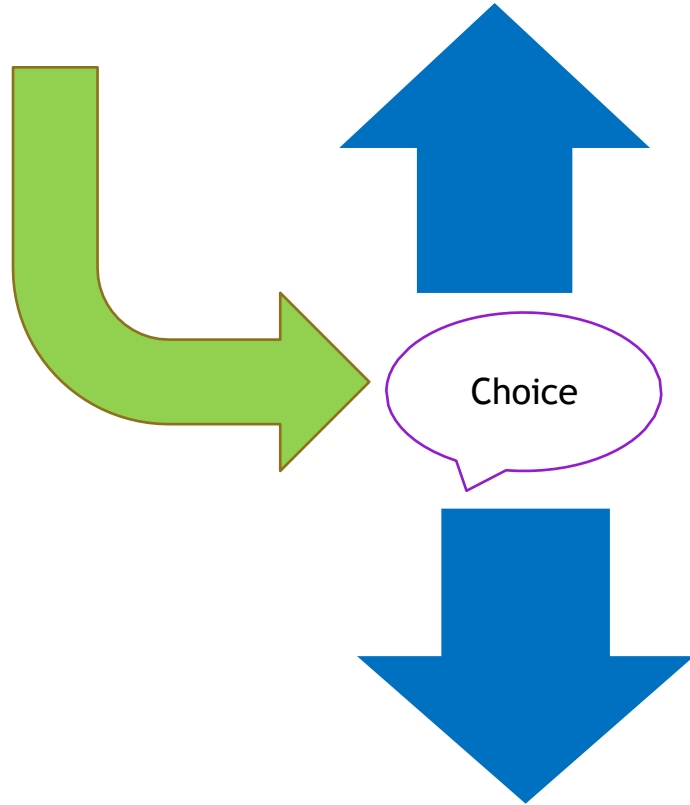
If yelling continues, I'm going to step away and return later.

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



Relational Boundaries to:

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



Stimulus

Response

CREATING SPACE

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.”



Assessment: Emotional Reactivity

Page 5



What are you discovering about yourself?

Agreements:

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

Partner Reflection (10 minutes each)

Speaker shares:

- The patterns you noticed
- What surprised you
- What feels most important to remember

Partner listens for: Needs, Strengths, Sources of support

Listener invites the speaker to explore:

- What needs seem most alive for you?
- What helps you stay connected to those needs under pressure?
- What support, request, boundary, or practice would you like to experiment with?

Integration:

What's one small, doable practice you can experiment with in the coming weeks to create more choice when you're activated?

Boundaries that build trust

Wednesday, July 8

Wednesday, August 5

Wednesday, September 5

Wednesday, October 28

"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

Relational Boundaries are connected to:

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

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

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 →					

Needs (met or unmet)
drive emotions