

**LET'S
TALK
ABOUT**



BOUNDARIES

AUS. PA ADVOCACY



BOUNDARIES

IN ALIENATION DYNAMICS



I KNOW:

When you grow up
without boundaries,
setting them as an
adult can feel like
betrayal.

IF LOVE



APPROVAL OR BELONGING DEPENDED ON KEEPING THE PEACE,

**“NO” MAY NEVER
HAVE FELT SAFE.**

**YOU MAY HAVE
LEARNED
COMPLIANCE
BEFORE
BOUNDARIES.**



**STAY QUIET.
DON'T CHALLENGE THE NARRATIVE.
DON'T UPSET ANYONE.
KEEP THE FAMILY TOGETHER.**



**SO WHEN YOU
FINALLY SET A**

BOUNDARY

**THE GUILT CAN BE ENORMOUS.
THAT GUILT DOESN'T MEAN THE BOUNDARY IS WRONG.**



**SOMETIMES WHAT FEELS
LIKE GUILT IS ACTUALLY
ANTICIPATION.**

How are they going to react?

What are they going to say about me?

Will I lose the relationship?

**WHEN A FAMILY IS USED TO YOU
ACCOMMODATING EVERYONE ELSE,
YOUR BOUNDARIES CAN CHANGE
THE ENTIRE DYNAMIC.**

THAT CHANGE CAN CREATE CONFLICT.

And suddenly you're called:

Selfish. Difficult. Dramatic. Disrespectful. Unforgiving.

Especially when you stop playing the role everyone was comfortable with.

BUT BOUNDARIES AREN'T ABOUT CONTROLLING SOMEONE ELSE.



THEY'RE ABOUT DECIDING:

What will I participate in?

What will I accept?

What will I do if that line is crossed?



FOR SOME FORMERLY ALIENATED CHILDREN, ADULTHOOD MEANS LEARNING SOMETHING THEY WEREN'T TAUGHT AS CHILDREN:

YOU CAN LOVE YOUR FAMILY AND STILL HAVE BOUNDARIES WITH THEM.

Breaking a cycle doesn't always look like reconciliation.

SOMETIMES IT LOOKS LIKE LEARNING HOW TO STAY CONNECTED WITHOUT ABANDONING YOURSELF.

AUS. PA ADVOCACY

Former alienated-child perspective. Every family situation is different.

RESOURCES

Learning boundaries after difficult family dynamics can take time. You don't have to figure it out alone.



- Kids Helpline - boundaries + free counselling, ages 5–25
<https://www.kidshelpline.com.au/>



- ReachOut - family relationships, boundaries + peer support
<https://au.reachout.com/>



- headspace - healthy relationship resources
<https://headspace.org.au/>

You are allowed to ask for help learning what healthy relationships look like.