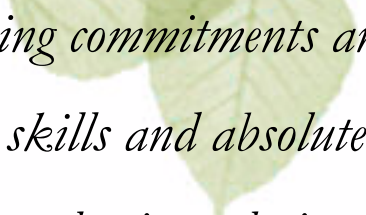


Dr. Jackie's Top 10 eTips Setting Boundaries, Making Commitments and Crafting Elegant Agreements

By Jackie Black, Ph.D.



*Setting Boundaries, making commitments and crafting agreements are
three essential life skills and absolute requirements of a
loving, lasting relationship.*

Dr. Jackie's Top 10 eTips

Setting Boundaries, Making Commitments and Crafting Elegant Agreements

(Excerpted from Dr. Jackie's book [Meeting Your Match—Cracking the code to successful relationships](#))

1. Setting personal boundaries requires that you have knowledge about your needs, values, attitudes, beliefs, likes, dislikes and preferences.
2. Setting boundaries is not disrespectful, bad or wrong. Emotionally healthy people set personal boundaries.
3. As you choose to set and maintain your boundaries, do so with intention and with deliberate words and actions.
4. Making and keeping agreements and commitments are essential life skills and comprise fundamental ingredients of any relationship.
5. Not honoring the agreements or commitments you make with people is a betrayal of yourself, your friend, family member or partner and of your relationship with that person.
6. Crafting elegant agreements is a skill that you can learn. The process includes three essential keys: (1) know who you are and what you need, want, value and believe; (2) become willing and able to honor who you are and ask for what you want; and, (3) find your courage and accurately articulate all that to another person.
7. “Giving up” and “Giving in” are signs that you feel powerless and undeserving. Anger and resentment are sure to follow. Ask for what you need and want.

8. Settling for less is often the result of your not recognizing that your thoughts, attitudes, beliefs, needs and wants are legitimate. When you do not honor your right to have your needs and regard them as legitimate – be aware, you will more than likely “Settle.”
9. When appropriate, use compromise as a middle way between two extremes. Negotiation is often a discussion in which each person decides what and how much to concede or accommodate, and mutually agree to the outcome.
10. Compromising and negotiating can only occur when you honor and respect your thoughts, attitudes, values, beliefs, needs and wants, hopes and dreams and deem them legitimate.

Only You can make it happen!

Dr. Jackie

