

The Limitless Experience Podcast
How to uphold boundaries in your coaching container
Transcript

Suzy: [\(00:03\)](#)

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Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

Suzy: [\(01:03\)](#)

Hello hello, you gorgeous human being. It is Suzy Ashworth here, and I am super excited to welcome you back to this week's episode of the limitless life experience podcast. And I'm going to say straight up that the next few episodes, the sound is going to be slightly echoey because we are back in our family home and I need to get some soft furnishings, basically. I need to get some soft furnishings organized so that there is a little bit less echo, but please bear with me. We'll make sure that within the next two to three weeks, it is going to sound amazing in here. So I want to, I think I want to get into it, like how does it feel to be back? You know, it is a little bit crazy to me that we have been away from this house for almost two years, give or take six weeks last summer. We have been away from this place for a long time. And for those of you who don't catch the newsletter, whilst Jerome and the three kids are here right now, because at the time of recording, we are not back at school.

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This is literally our first day in the house. You know, Jerome is not going to be living here moving forward. And that is, it is strange and different and sad. It feels good to be back, but there's a whole load of other emotions that come with this huge transition. And as I sit at my desk, looking out at the trees and listening to the birds and looking at the sky, I know that this is, that this new chapter is going to be a beautiful one, and it's going to be beautiful because of the way that Jerome and I are dealing with the separation. I feel deeply, deeply grateful that the kids have received it as well as they could have received it at this stage. I'm kind of waiting for the other shoe to drop. And I'm super conscious that I do not want to be manifesting it.

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And I am the grownup here, and I know that things change and flex and school and all of that stuff is going to, you know, stuff is likely to come up. So we, we will see, I think we're both waiting with bated breath to see how it all unfolds. But right now I feel very fortunate that things are as peaceful and as good as what they could be. You know, we made this decision over six months ago now, so we have had time to adjust. And at the same time, every time there is a move, every time there is a change, it feels very different from all of the moves and changes that we have made together in the past. And yeah, this one, there is a lot of sadness that comes up with this shift and on a really practical note, you know, one of the things that I have been very consciously looking to do since the new year is really change my working hours so that I can be way more present with the children and ensure that I'm there to pick them up from school.

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And when they get back from school, be you know, just here, because I've been up until now, I've worked from 9-5:30 Monday to Thursday. I used to have Fridays off. Now I'm back to working Fridays because I'm doing 9-2:30 every day. And that has been challenging. The shift, I think also not being as present with clients. I think that they have found that challenging. Another thing I have implemented this year is giving myself permission to not be present in the Facebook groups during the weekend. And I know that that can feel challenging. It's been challenging for me because I see a comment and I, you know, I just want to hop it. And I also know that if I do that, I've completely ruined the boundary and I've made the lines really blurry. So people are gonna tag and ask questions on the off chance that I might be around.

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And that off-chance then becomes an expectation and the expectation becomes a rule. And all of a sudden we're back to square one. And it's interesting that often it's only when life demands that we do something that we take the action that we know that we need to take. And I think what I want to say, or this experience has taught me, and what I'm living into in this experience, is that we shouldn't have to wait until life whacks us in the head with a two by four to say, okay, this gets to change, or this gets to be the new thing, or this gets to be the boundary. And I think that this is something that, well for me, in my situation, is super important because I know that as ambitious as I am, as much as I love my work, as much as I love my clients, I don't love anybody more than I love my kids.

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And it's not enough for me to know that and then not feel that. And I believe that so much of them knowing that is just me being around, actually. We kind of, again because of society and because of, we're told bigger is better all of the time, that I think sometimes we can get lost in the idea of the big grand gesture. And I think the beautiful thing about kids is that actually, they're not interested in that. They just want you. When you're going to the loo, when you are in the shower, when you're trying to have a bath, when you just want three minutes! Three minutes? You can

have one and a half. So, yeah, it's been really important for me to create new boundaries for myself and for my business this year, even though it's been a little bit painful and it's one of the questions that I see coming up with my clients, and it's not unusual because I take real pride and pleasure in being the model.

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And when you start modeling something, they will go, "oh I am allowed to do that. Oh, I can change my mind on this. Oh right, we can make it like this." And so it's really important for me that people see what it is that I am doing so that if it feels aligned for them and they want to create that in their business, they can too. So what do you do when you draw a boundary and you're very clear on that boundary. And then you have clients who are ignoring the boundary and asking you to go above and beyond not only what has been promised in the container, but really ignoring the parameters for how you want to show up. And this is really challenging. I am not going to lie at all. And what I'm also gonna say is that you have to move out of your child archetype. I work a lot with the archetypes in my business.

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And whenever I am feeling low vibe, out of sorts, when I am feeling like the world is against me, I go back to the archetypes to see which one is most alive in any given moment. And it's always usually more than one, but when we are allowing people to overstep our boundaries, we're usually in child or victim mode. Victim is classic actually for allowing our boundaries to be overstepped. And what we do is we allow them to be overstepped and then we complain about it. We whine, we say it's not fair, and I feel bullied and they're attacking me and I don't know what to do. And, or we say yes okay and then we're really resentful about it and kind of feel it eating us away, and often we're doing it one because we're in victim, but two, we want to be liked.

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And that is so the child. "Please like me, please tell me that I'm okay, please don't abandon me. I'll do anything that you want. Please don't abandon me." And it's that real dance between the two. And so the first thing that you need to do is recognize that, and then choose to step into your sovereign and warrior archetypes. And the sovereign knows that you are the source of your own power and that nobody gets to take that away from you. And should that client bad mouth you across the internet, or should they want to leave your container, that you're going to be okay. You know, and the warrior just gets shit done. The warrior is like, show me what needs to be done and I will do it. End of story. And I will do it in a way that feels aligned to who I am and my values.

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And if that means I get it done outside of the weekend, then I will get it done outside of the weekend. So you have to step into the energy of those two archetypes consciously and subconsciously before you really deal with this. So once you've done the energetic work around stepping into those archetypes, then you

get to deal with your client. And whether you choose to do this face to face on a zoom, a phone call or an email is completely up to you, it really depends on what, how the overstep is presenting itself. But I really recommend that you deal with the situation quickly. You kind of don't let it go over and over and over and how you deal with it is to really state, 'this is what you signed up for and this is what the container looks like. And this is how we can support you in this space.'

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This is what you signed up for. This is what the container looks like, and this is how we can support you. And as long as you feel very clean energy-wise that you are delivering on what it is that you said that you will deliver on, it's absolutely fine for you to just state very clearly what the issue is, or not even so much what the issue is, but how you are happy to proceed. And if they're not happy to proceed in that way, you get to release them. And in that releasing, you get to decide whether it feels aligned for you to release them from the contract, or just release them from the container. For me, if I'm honoring what I've said that I'm going to deliver, and they're looking for more and they're not happy that they're not getting more, that is not my responsibility.

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I don't have to take that on. And so this is again, really where your sovereign comes in and you give yourself permission to own that and understand that they might not like that. Understand that that might really activate their child. It might activate their victim, and they might try to put that on you. And again, it's the boundary, you don't have to receive or take that. So, upholding your boundaries start with you moving from child and victim into suffering and warrior, and then dealing with the person quickly who is overstepping by explaining what it is they signed up for, what the container is and how you are willing to move forward. That's it.

So I hope that this has been super helpful talking about change and boundaries and all of the good stuff, I'm just ripping today. So yeah, I hope that you've enjoyed this episode. If you have, please drop me a line over on the ground. Give me a tag. I love to see it when an episode resonates with you. And please remember that faith plus action equals miracles.

Faith + Action = Miracles