



# BOUNDARIES, CONSISTENCY, FIRMNESS AND CLOSENESS

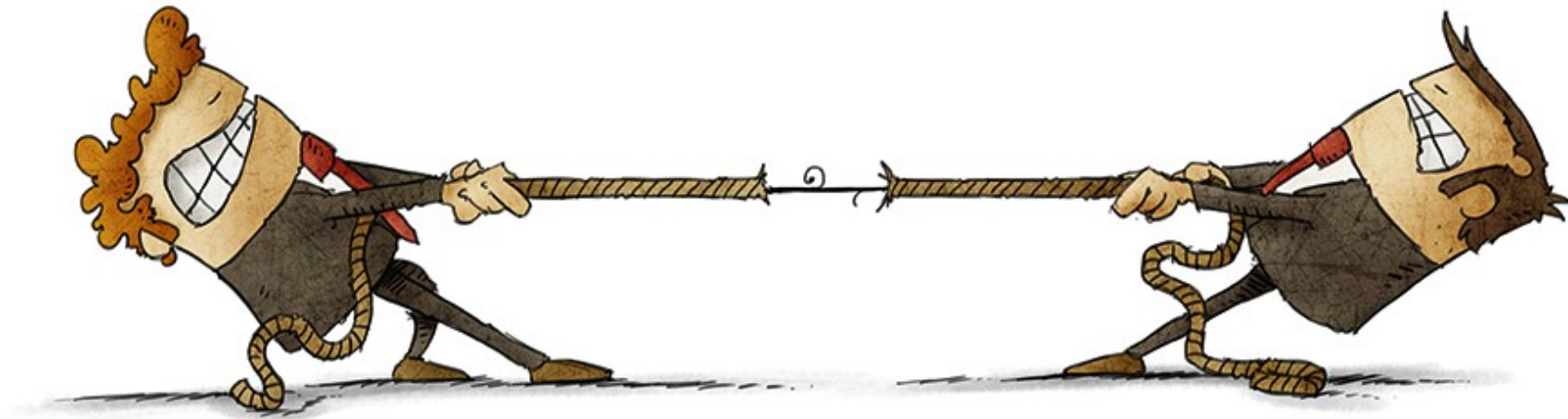
Aleksandra Mroczko  
IBM, 5.2022

# ABOUT ME



# BOUNDARIES & CLOSENESS

1. Facts, myths, beliefs.
2. What does it mean to keep your relationship boundaries?
3. Empathy VS submission.
4. How to say no, express your will, and accept refusal with respect and courage.



# WHAT IS NOT WORKING WELL?

What are your ways of setting boundaries? How do they affect the relationship?

# INEFFECTIVE WAYS OF SETTING BOUNDARIES:



- Arguing.
- Insisting on your opinion.
- Argument fight.
- Manipulation.
- Shifting responsibility.
- Changing the subject.
- Sweeping under the rug.
- Giving up.
- Isolation.



# WHAT ARE NOT BOUNDARIES?

Verify your beliefs  
about boundaries



# WHAT ARE BOUNDARIES?

Verify your beliefs  
about boundaries



# WHERE ARE YOUR BOUNDARIES?



ALEKSANDRA  
MROCZKO  
zgraj się z życiem

You will recognize them  
by feeling angry,  
helpless and regretful. It  
is shaped by meeting  
our needs.



# FIND OUT ABOUT YOUR NEEDS

- ✓ Remind the last situation when your boundaries were crossed. For example, you got angry, after doing something you felt bad about it, or you worked too hard.
- ✓ Locate the need that was then neglected.



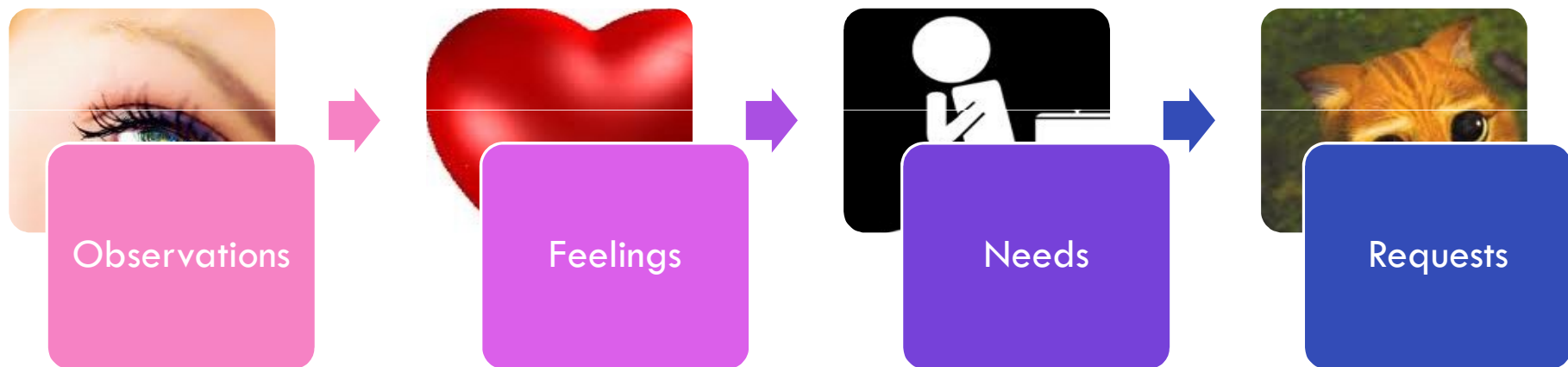
# REQUESTS

- ✓ Specific, defined in time.
- ✓ Directly and clearly formulated.
- ✓ It allows refusals.



# THE LANGUAGE OF THE HEART

PBP - Porozumienie Bez Przemocy  
NVC - Nonviolent Communication  
Marshall Rosenberg








# REFUSAL

How to refuse and  
accept a refusal?

A woman in a white turtleneck sits at a dark wooden table, looking tired with her hand to her face. A laptop is open in front of her. In the background, a young girl in overalls is dancing happily, and a boy in a red shirt is seen from behind. A shelf with books and framed pictures is on the wall.

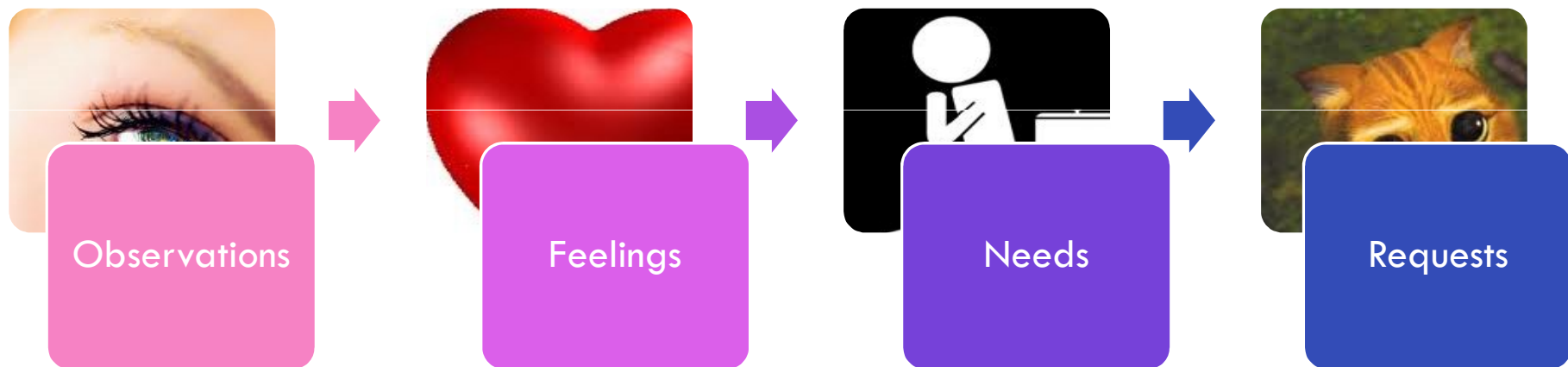
# BEHIND EACH NO



**THERE IS  
YES  
FOR ANOTHER  
NEED**

# THE LANGUAGE OF THE HEART

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# WHAT LESSON ARE YOU TAKING TODAY?

1. Ask yourself one specific task.
2. Tell someone about NVC. By teaching others, we learn the most.
3. Take a look at the Odbuduj Związek program if you want to bring NVC (and not only) into your relationship.
4. Use the code IBM & NVC -15%
5. Stay in touch:  
[subscribepage.com/ibm\\_nvc](https://subscribepage.com/ibm_nvc) or  
[subscribepage.com/ibm\\_ang](https://subscribepage.com/ibm_ang)