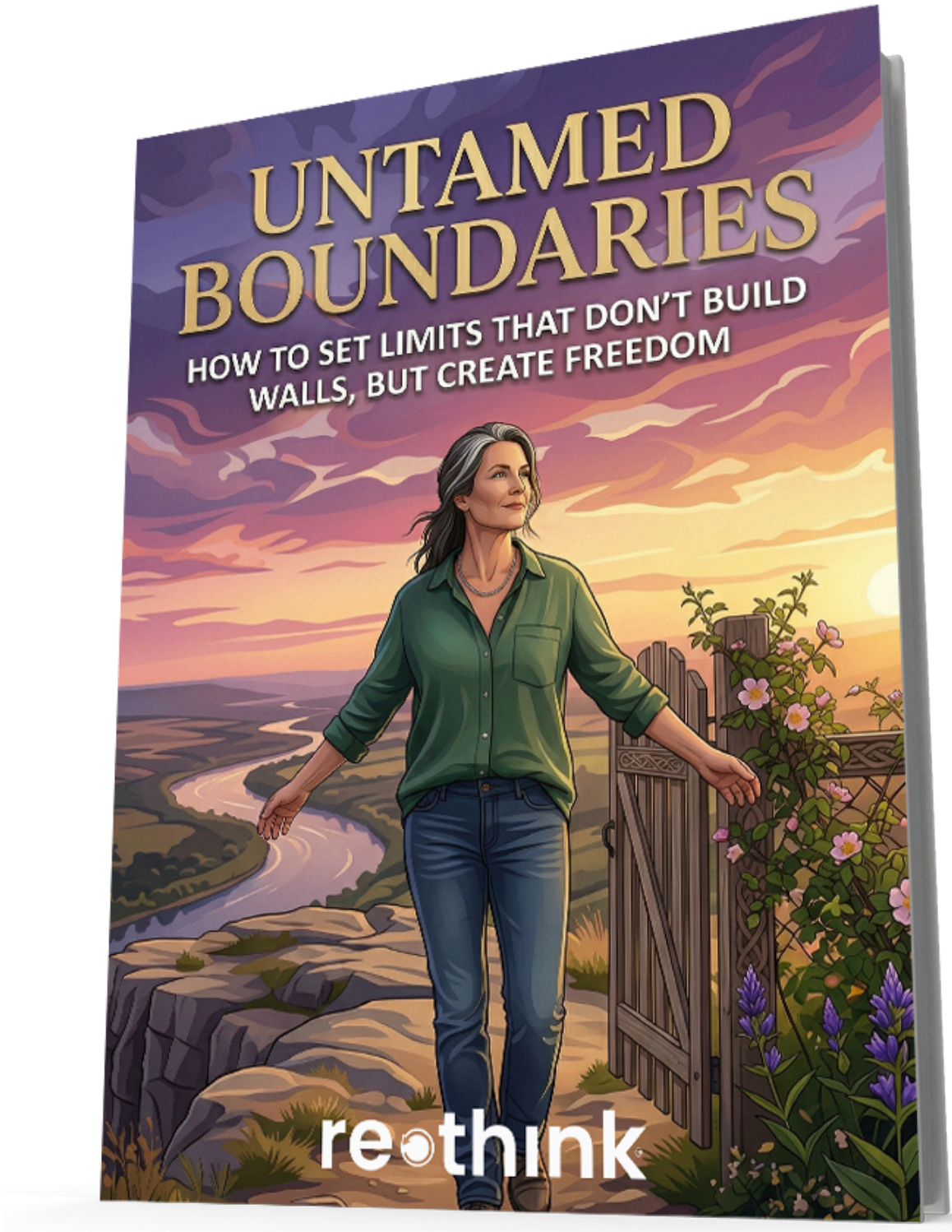

UNTAMED BOUNDARIES
HOW TO SET LIMITS THAT DON'T BUILD WALLS, BUT CREATE FREEDOM
re·think

Untamed Boundaries

How to Set Limits That Don’t Build Walls, But Create Freedom

The Myth of the Fortress

When most people hear the word "boundaries," they picture a fortress. They imagine thick stone walls, heavy armor, and keeping the "bad guys" out. We are often taught that a boundary is a punishment we hand down when someone has finally pushed us too far.

But a boundary born of resentment isn't a boundary at all—it's a wall. Walls keep you isolated. They make you rigid. They shrink your world.

Here is the **ReThink**: True boundaries aren't meant to box you in; they are meant to map out the wild, expansive space where you are free to roam safely.

Today, we’re moving from rigid walls to **Untamed Boundaries**. An untamed boundary isn't about controlling another person's behavior; it’s about taking radical ownership of your own space, your own energy, and your own peace. It’s the difference between saying, *"You aren't allowed to talk to me like that,"* and saying, *"I don't stay in conversations where I am spoken to like that."* It’s time to stop building fortresses and start building freedom.

Part 1: The Shift from Control to Liberation

Why do our boundaries usually feel so exhausting? Because we use them as an attempt to control other people. We set a limit and then spend all our energy policing whether the other person is respecting it.

Untamed Boundaries require a shift in your **Emotional Fitness**. They rely on three core truths:

1. **The Locus of Control:** You cannot control what they do. You can only control what *you* will participate in.
2. **The Purpose of the Limit:** The boundary is not there to change them; it is there to protect you.
3. **The Freedom of the Gate:** A healthy boundary has a gate. You get to consciously decide who gets a key, and you reserve the right to change the locks.

Part 2: The ReThink Workbook

Grab a pen. Let's identify where you've been building walls and how to replace them with Untamed Boundaries.

ReThink Exercise 1: The Energy Leak

Before we set a boundary, we have to find the leak.

Where in your life do you feel the most drained, resentful, or suffocated right now? Be specific about the relationship or situation.

The Situation/Person draining my energy:

What I am currently doing to "keep the peace" in this situation:

ReThink Exercise 2: The Wall vs. The Gate

Are you trying to control them, or protect yourself?

Look at the situation above. If you were building a "Wall," you might say, "You need to stop doing X." If you are building an "Untamed Boundary," what is the action *you* will take to protect your peace, regardless of what they do?

My Untamed Boundary (e.g., "If voices are raised, I will leave the room"):

ReThink Exercise 3: Dropping the Explanation

An Untamed Boundary is a complete sentence.

We often weaken our boundaries by over-explaining them. Write down your boundary again, but this time, strip away all the apologies, justifications, and excuses.

My Clean, Unapologetic Boundary:

ReThink Exercise 4: The Freedom Vision

What is the boundary creating space for?

If you successfully maintain this boundary, what will you finally have the energy, time, or emotional bandwidth to do?

The Freedom this boundary gives me:

ReThink Exercise 5: The Somatic Anchor

How does freedom feel in the body?

Close your eyes and imagine holding this new, untamed boundary effortlessly. How does your body feel when you are no longer trying to control the other person, but simply owning your own space?

My body feels (e.g., grounded, light, expansive, breathing easier):

Outro: Run Wild

It is a scary thing to drop the heavy armor you've been wearing for so long. But the walls you built to protect yourself are now the very things keeping you trapped.

When you set **Untamed Boundaries**, you stop playing defense. You stop waiting for other people to behave correctly so that you can feel safe. You step into your own power, unlock the gate, and step out into the wide-open space of your own life.

You are allowed to take up space. You are allowed to protect your peace. Now, go run wild.

And as always, we want to remind you that we're all on this "AVAIYA Journey" together.

We're all life explorers here, but—we aren't always moving at the same speed. And you know what? That's completely okay.

At AVAIYA, we believe we're all on our own individual "AVAIYA Journey," yet we're traveling side-by-side.

You're gonna love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there're also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And hey, that's okay, too. Whenever you're finally ready, you just lace up your

sneakers and walk the path—one step at a time—back toward your best life.

We'll Meet You Where You Are.

At **AVAIYA**, we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our Deep-Dive Free Online Conferences and other supportive materials to keep your tank full.

AVAIYA UNIVERSITY



No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Keep ReThinking,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of AVAIYA University

