



## Episode 191: Why Others' Boundaries Make Us Cross

### *You Are Not a Frog Quick Dip*

As healthcare professionals, we often take pride in helping others, even at the cost of our wellbeing. But what happens when we're at the brink of overwhelm and burnout? Most of us cope in two ways — we lash out with all our frustrations or guilt ourselves into doing more.

It can be irritating when we see others being able to hold their boundaries. It's easy to think that they're weak and unable to cope.

But what is really happening here?

In this episode of the You Are Not a Frog podcast, we dive deep into the cause of our resentments. These emotions reflect what's happening inside --- in the effort to serve and help other people, we fail to give ourselves the same level of care and commitment. This workbook will make you reflect on what you need and how you can aid and serve others without sacrificing yourself.

### Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors!

[Atlas of the Heart](#) by Brené Brown

Find out more about the [Shapes Toolkit Training programme](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).



### Quote to remember:

***“Next time somebody sets a boundary or says no to you or set some limits on their time or their attention, instead of thinking it's something that they've done wrong to you that they need to change, start recognizing that feeling you get is resentment, which points towards an unmet need. Something that you're envious of.”***

## What You Will Learn

Many things can cause resentment, but one thing is for sure: it's not about anger. It's about envy. Before pinning your resentment on others, look inward and reflect on where this emotion is coming from. You'll better understand yourself and your needs through this process. This activity will help you understand and be aware of your emotions. It will also challenge you to address unmet needs and other things preventing you from enforcing your boundaries.

The first part of the activity focuses on assessing your emotions. You will need to look back at past experiences and spot recurring patterns. Remember that being able to identify resentment is the first step. This will help you assess what you're jealous about and ultimately be able to identify your unmet needs.

Throughout this activity, you may find it challenging to face certain things about yourself. Principles you are proud of, such as being able to carry responsibilities for others, will be put into question. When you feel denials surfacing, do not try to defend or fight them. Instead, embrace these emotions with an open and inquiring mind. Always ask yourself: so why do I feel this way?

Lastly, take action. Your resentment is a sign that you need to do something to meet your needs. It is not a weakness or failure to admit you need rest, connection, or even help. If anything, this makes you more human. Remember, we often get stuck in our heads and think we need to do everything. There are people in your life who



care about you. If you express your needs, they'll surely come to help you — just as you do for others!

## Activity: Addressing Your Resentment and Needs

### Step 1: Recognizing your feelings.

1. After listening to the episode, what are your realizations about resentment and envy? In your own words, define the following and how they are related.

**Resentment is...**

**Envy is...**

**Resentment and envy are related in that...**

2. Think back to past experiences and identify moments where you feel resentful of others. **Is there a recurring pattern where you feel resentment?**
3. Now that you understand the link between resentment and envy, what do you think you're envious of whenever you feel resentment? **Fill up the table below and note down your resentments and jealousy.**



I feel resentment whenever...	In reality, I am jealous of...

4. **Based on your previous answers, what are your unmet needs?**

**Step 2: Taking Action.**

1. **What do you think is stopping you from meeting your needs?** Note that these can be about your mindset and even lifestyle.
  
2. **What would happen if you had a magic wand that would fulfil all your needs and fix everything?**
  
3. **How can you get as close as possible to this reality? What is ONE small thing you can do today to bridge this gap?**
  
4. **Have you ever expressed your frustrations and needs to others? Why or why not?**

**If you were to express them to ONE person today, who would it be? What will you say to them?**





### CPD time claimed:

For more episodes of *You are not a frog*, check out our website [www.youarenotafrog.co.uk](http://www.youarenotafrog.co.uk) follow Rachel on Twitter @DrRachelMorris and find out more about the [Permission to Thrive](#) CPD membership for doctors and online and face to face courses on surviving and thriving at work at [www.shapestoolkit.com](http://www.shapestoolkit.com).