



Workbook, CPD & Reflection Log

Episode 99: How To Deal With Criticism When You've Reached Your Limit

with Dr Rachel Morris and DrSarah Coope

What do you do when you've reached your limit? Do you slow down and take care of yourself, or do you keep on working? It's so common to see people shrug off their problems and continue as they are until something happens. We forget to set boundaries to keep our sanity and end up spreading ourselves too thin.

In this episode, Rachel and Sarah discuss how we can overcome our difficulties by setting proper boundaries. They share how recognizing our limits is the first step to setting proper boundaries. This workbook will assist you in gaining a better understanding of yourself and the boundaries you need.

Podcast links

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- Episode 33: [Great expectations? Why we expect too much of ourselves and how to give ourselves a break](#)



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[We Can Do Hard Things Podcast](#) by Glennon Doyle

Guest links

Connect with Dr. Sarah: [Twitter](#) | [Medical Protection Society](#)

Quote to remember:

‘Make peace with your limits. It’s about being able to put the boundaries in, and then accept the consequences of those boundaries.’

What You Will Learn

We cannot do everything, nor should we do everything! When we fail to recognise our limits, we can risk becoming burnt out and irritable. A lot of our behaviours can be explained by our deepest insecurities.

But we can change. It starts with being honest with our struggles and how we view criticism and ourselves.

This workbook will identify areas of your life where you have trouble setting boundaries. Then, we break down this aspect into specific situations and events where



we can plan a better response or boundary. By planning ahead, we can make sure that we don't revert back to our automatic response.

Change is not without its consequences. We need to understand that our boundaries may not just have benefits but also negative consequences. You will be challenged to reflect on whether the benefits outweigh the negative and how important this new boundary will be for you.

Activity: Recognizing Your Limits

Make a list of your own personal limitations right now:

- 1.
- 2.
- 3.
- 4.
- 5.

How do you typically respond to criticism? Has there been a time when you didn't respond well to it?

What are the things that you believe you should and must do?



If you find it difficult to handle criticism, especially when you're at your most vulnerable, you may be telling yourself an unhelpful story. Start questioning the narratives you tell yourself, and consider how and why you've developed one of the behaviours.

List 5 stories you tell yourself and why they cause you to act the way you do.

1. _____

2. _____

3. _____

4. _____

5. _____

Choose one of the five reasons listed above and consider whether or not it is true and logical.

What are your thoughts on setting boundaries, and how have you used them in the past?

Where do you find it difficult to set a boundary? What do you usually end up regretting saying 'yes' to?



Is there a specific situation for which you'd like to learn how to set boundaries?

Think of specific events in which you have difficulty setting boundaries or responding appropriately, and consider how you want to respond.

When...	I will...

Choose one setting from the table above and reflect on how you can practice it consistently. Based on your chosen setting, **what do you think are the positive and negative consequences that may follow?**

Positive Benefits	Negative Consequences



Write down how you will deal with the consequences of setting these boundaries.

Take your time and keep testing your beliefs. Observe how other people set their boundaries and take notes. The more thoughtful you are about how you respond to situations, the better you will be able to recognize your limits. **Set your boundaries as you see fit, only you can do that for yourself.**

CPD time claimed:

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