

***...Establishing Boundaries**

(after proofing)

Establishing boundaries involves defining clear expectations for others and understanding what brings you joy and peace. It requires self-awareness and a commitment to communicating your needs effectively. Boundaries are not only for guiding other people's behavior but also empower you to confidently say "no" or "yes" as appropriate. While setting boundaries may sometimes cause discomfort for others, it is an essential component of taking control of your narrative. Consistently expressing your boundaries across various environments may require confronting fears, but it helps foster mutual respect among peers. Remember, while being liked is not always possible, being respected is crucial. Adhering to your boundaries ensures that you maintain your power and integrity.

By February, the daycare was operating, but the promise of a home had not been fulfilled. Eventually, I was provided with accommodation in a trailer that had significant issues—including mold, damaged flooring, a broken bathtub, sewer problems, and the absence of essential appliances such as a refrigerator and a stove. Additionally, the residence contained considerable unwanted furniture, which my family and I were responsible for removing.

*Paragraphs excerpted in part, with permission, from

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