



How can a medical intuitive help me
set boundaries with friends and family?



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Written by Faye Baxter, medical intuitive from Medical Intuitive Solutions, transcribed from her journal on www.fayebaxter.com

Often the most difficult relationships to manage are those in your own family and circle of friends. They are the relationships that can drain your energy and leave you feeling exhausted, which is not a good situation.

A professional medical intuitive can assist you in setting clear boundaries, protecting your energy and helping you to develop that mysterious skill so many of us lack, how to say NO when appropriate.

Our children can be incredible drains on our energy. They are our greatest joy and sometimes our most significant pain. It's because we love them and often blame ourselves for whatever is going on in their lives at any time.

However, allowing your children to run your life and manipulate you will leave you feeling exhausted, guilty and eventually resentful. Setting boundaries with our children is critically important.

It is how they learn to set boundaries for themselves. Remember, make a doormat of yourself, and someone will walk on you.

In recent years, we have seen a considerable increase in the number of children diagnosed with ADHD and autism. Parents of these children have a tough road ahead of them and need support. Many relationships and when one parent or the other cannot cope with any demands made by children

with these disabilities. Even in this situation, it is so important that as a parent, you set boundaries and, in doing so, teach your children how to set boundaries as well.

Every parent of a child with a disability will fear that their child is more vulnerable. One of the best protection you can provide is to be clear with them and reinforce the importance of respecting and setting boundaries.

Suppose you haven't set boundaries with your children. In that case, it is very likely that regardless of your age, your desired priorities and your level of health and wellbeing, they will continue to take advantage of your generosity.

They will significantly expect your help as a grandparent when they have their children. While for some, this is simply a joy, for others, it is an exhausting and disruptive imposition at a time when they want to enjoy life and take it easy.

Grandchildren are meant to be enjoyed, not endured, and if you feel overwhelmed by the responsibilities relating to grandchildren, it is time to set your boundaries.

Getting help from a professional medical intuitive will guide you through this process and see that you need to respect and honour yourself.

Another group who can quickly sap your energy are friends who come to see you

or call you when they believe they have unsolvable problems and that their life is falling apart. Sometimes, they do need you and other times, and they are self-absorbed and selfish.

A professional medical intuitive will assist you in working out what is reasonable and what is not. We get caught up in the needs of others, following the path of least resistance and giving more of ourselves than is warranted. Intensive demands should,

whenever possible, be for emergency situations, not an ongoing burden.

On occasion, emergency situations can become long term and will undoubtedly challenge any boundaries you have set. A professional medical intuitive will help you identify resources to support you and others in this situation. Options might include respite, NDIS support, My Aged Care, and numerous other services available to help those in need.

Summary

While there may be a natural resistance to accepting outside help, without it, you will not be able to sustain the long-term intensive demands necessary to support those you love. Take heart; there is help. Make an appointment with your medical intuitive and get the information and guidance you need.

Learn more about medical intuition
and the professional services provided
by Faye Baxter at Medical Intuitive
Solutions: www.fayebaxter.com

More Information

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