

EPISODE 6 BOUNDARY FREE HANDOUT

EXERCISE: Create an affirmation card/s that states your boundary.

EXERCISE: On a piece of paper make two headlines. "I Am"/ "I Am Not" page. Make a circle.

On the **inside of the circle** write I Am. Write down words that describe the ideal you, the you that you really like and love. Only words that feel good to you go inside the circle.

On the **outside of the circle**, write I Am Not.

Write all the things others have told you about who you are or who you should be and all the things you have told yourself that don't produce feelings of satisfaction and complete self-acceptance. If it makes you feel even the least bit uncomfortable, it goes outside the circle.

Use another piece of paper, make a circle. Write I Accept and I Do not accept. Once again, the **inner circle is for I accept. The outer circle I do not accept.**

This is where you will put all the things you are willing to accept from yourself and others on the inside of the circle.

On the outside of the circle, put all the things you will no longer accept from yourself or from others.

As you create this outside-the-circle list, think about what the opposite of what you will not accept is and consider whether that goes inside the "I Am" or "I Will Accept" circle.

For example, if outside the circle you put "Manipulation," meaning you will not accept being manipulated by others and will not play

the manipulation game yourself, look at that term and decide what the opposite of manipulating or accepting manipulation would be.

Perhaps it's (1) being assertive and courageous enough to step away from the manipulations of others and (2) being kind and honest with others so you never manipulate.

In that case "assertive," "courageous," "kind" and "honest" go inside the "I Am" circle (page 1).

Separating acceptable from unacceptable with a visual circle gives the subconscious mind a clear picture of what you choose to own and what you choose to disown. You will be surprised and delighted by what your subconscious mind does with those clear visual boundaries once you have defined them.

Material by S. D. Buffington 2009

HERE IS EXERCISE 2:

Look at the list below and check in with yourself to see if you have boundaries in these areas. If you don't, what can you do to create a boundary around that area?

Body

Values

Beliefs

Time

Choices

Relationships

Opinions

Feelings

Love and care of self

Religion

Desires

Thoughts

Behavior

Talents

Communication

Work

Giving

Creativity

Sex

Others not listed