

Embodied Boundaries

Blueprint

CREATE A QUIET SPACE FOR THIS EXERCISE. THIS IS INTENDED TO BE A WRITTEN PRACTICE SO GET YOUR NOTEBOOK AND A PEN, AND THEN LET'S DIVE IN.

PART 1: AN EXPLORATION OF BOUNDARIES

Questions:

- Think of the last three times you felt overwhelmed, resentful, or undervalued. Who or what was involved?
- In which scenarios, or with whom, do you most often feel you can't voice your opinion or desires?
- When, and by whom, do you feel like your energy or resources are being taken advantage of?
- Are there moments when you feel stretched too thin, either mentally, emotionally, or physically? What do you notice about those moments?
- Do you have tasks or interactions that consistently drain your energy more than they should?

PART 2: CRAFTING BOUNDARY STATEMENTS

For each situation or person in Part 1, consider what boundaries could be supportive to you in regaining your personal power and inner peace.

Guidelines:

- The boundary should be specific.
- It should be actionable (something you can act upon).
- The boundary should align with your values and priorities.

For example:

- Situation: "Feeling so exhausted from working until 9 pm most weeknights."
- Boundary Statement: "I end my workday firmly by 6 PM on weekdays to focus on personal and family time."

PART 3: COMMUNICATING BOUNDARIES

Using your boundary statements, let's craft a communication plan for each.

Framework for Communicating Boundaries:

- **Acknowledgment:** Recognize the other party's needs or expectations.
"I understand that there are a lot of big projects our company is working on, and sometimes it requires extra hours..."
- **State Your Boundary:** Use the boundary statement you've crafted.
"...however, I will be ending my workday by 6 PM on weekdays from this point on and not checking email after that time."
- **Express Your Rationale:** Explain why this boundary is essential.
"This ensures that I can do my best work for the company, and I can only do my best work when I feel healthy, well-rested, and fulfilled."
- **Affirm Your Commitment:** Reassure the other party of your dedication or commitment.
"I'm committed to delivering quality work and believe this schedule will only enhance my productivity overall."

Use this framework for each boundary, including the ones you are setting with yourself versus with another person.

PART 4: EMBODY YOUR BOUNDARIES

The hardest part for most people is standing for your boundaries. Stand in front of a mirror, and practice embodying each boundary.

For each boundary, say it out loud and also go through the communication framework from Part 3. Adjust your language or approach as necessary to feel confident and authentic.

REFLECTION QUESTIONS:

- How does it feel to state this boundary aloud?
- What resistance or pushback might you anticipate?
- How can you address potential objections while remaining firm?