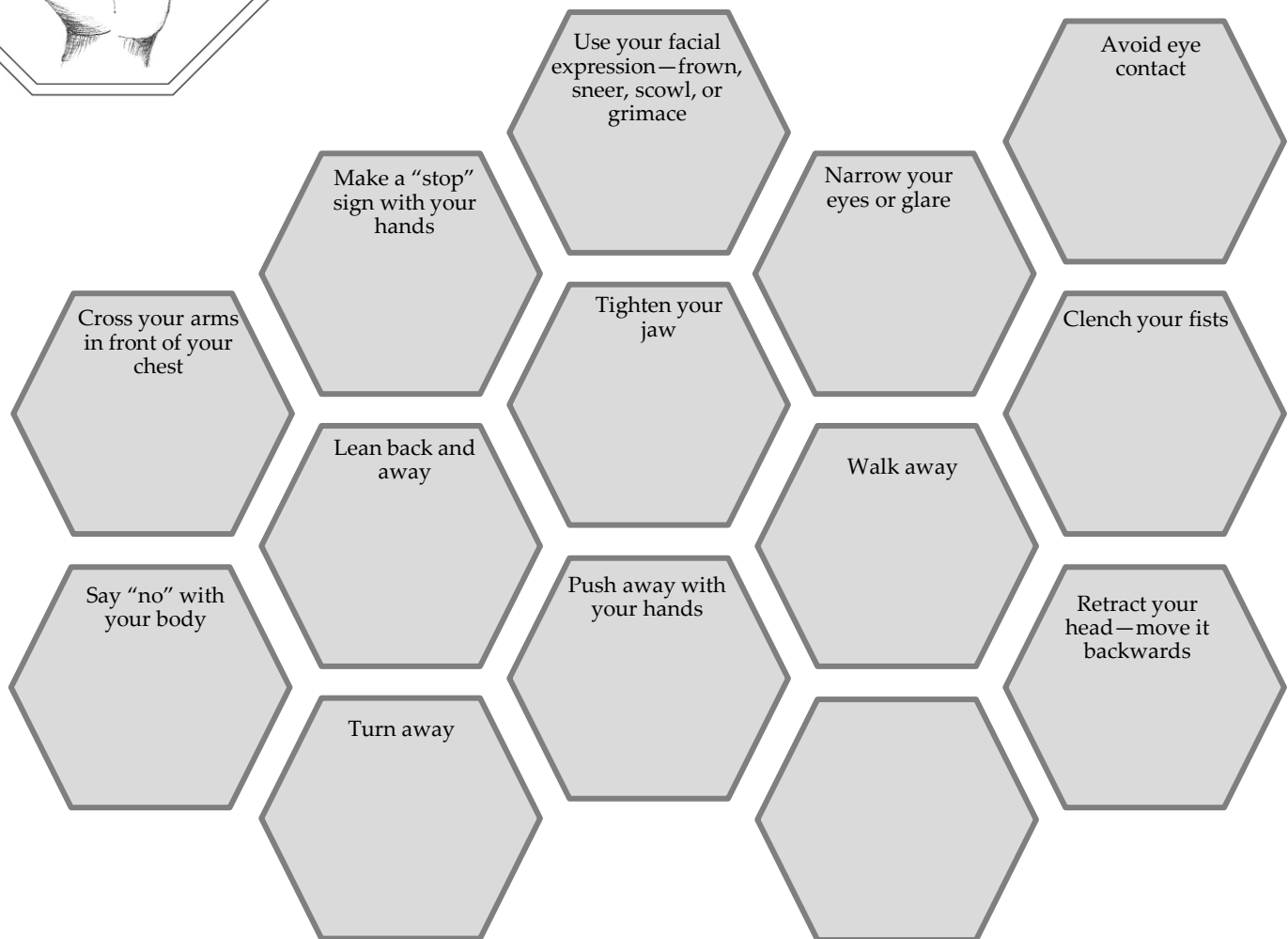


A Somatic Sense of Boundaries

NONVERBAL BOUNDARY SETTING

Purpose: To try out physical actions that signal a boundary; mindfully notice what thoughts, emotions or memories are stimulated; and assess which actions are familiar, which ones feel good to you, and which ones do not.

Directions: Try these boundary-setting actions with your therapist or someone you trust, adding any additional boundary-setting actions of your own in the empty polygon. Take your time to be mindful of what thoughts, emotions, sensations or memories arise, and write them in each polygon. Then, complete the prompts below.



1. Which of the actions felt familiar to you? Which felt unfamiliar?

2. What situations in your past or present do the familiar actions remind you of?

3. Which actions felt good? Which did not? Are there any actions that felt more aligned with the person you are today, rather than with who you were in the past? If so, which ones?