

# FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

## 2. PRACTICE HEALTHY BOUNDARIES

There are two types of boundaries: our **physical boundary** and our **psychological boundary**. Our physical boundary is how we engage our body and how we allow our body (and our personal space around our body) to be engaged by others. Our psychological boundary, which we focus on in this practice, is an invisible protective layer. **It's where we end and the world begins.**

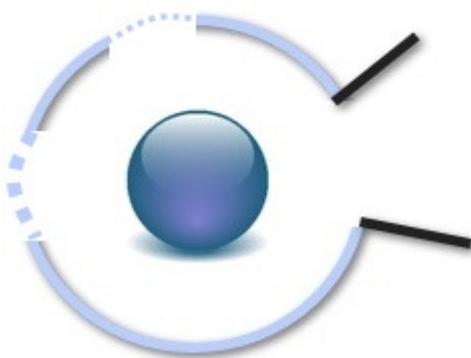
There are two components to our psychological boundary:

1. The **containing boundary**, which protects the **world** from **you**
  - ❖ Stops you from saying and doing things you regret
  - ❖ Keeps you from being offensive
2. The **protective boundary**, which protects **you** from the **world**
  - ❖ Stops you from “over-reacting” or being “wounded” by someone else’s thoughts or feelings
  - ❖ Stops you from taking responsibility for others’ thoughts or feelings or blaming them for yours

### YOUR PRACTICE

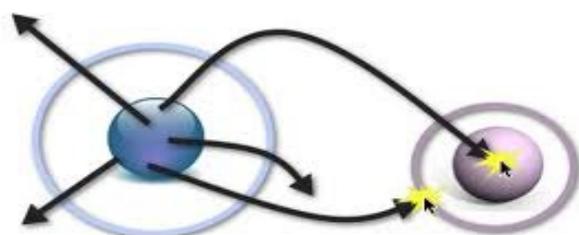
- ❖ **Take a moment to visualise setting your boundaries at the beginning of each day.** Throughout the day, take a moment to reset them through visualisation. Take stock of where you might be at a given moment and correct if necessary, softening walls and strengthening appropriate containment and protection.
- ❖ **Avoid all boundary-violating behaviours by staying on your side of the line.** Speak from the “I”, not the “you” or the “it”. Remember, there is nothing that you need to say that cannot be said from the “I” with practice.

### Poor External Boundaries



Poor protective boundaries

### No Internal Boundaries



Poor containing boundaries