

Where are you on the 'mama type' boundaries / connection continuum?

the disconnected mama

the balanced mama

the out-of-control mama

Do this exercise in an embodied way as well. Stand in your living room. If one end of the room symbolizes the 'disconnected mama' who only identified with her own internal needs, and the other end was the 'out-of-control' mama who only identified with her child's needs where would you place yourself in the room? What is that like in your bodyfulness, heartfulness and thoughtfulness?

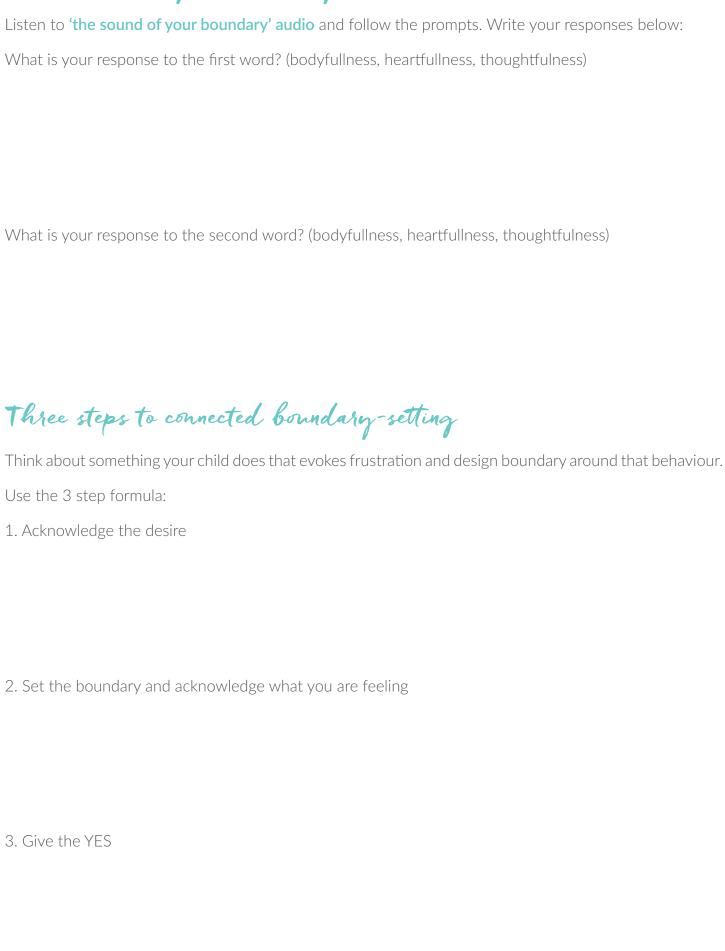
Now move to another part of the continuum and sense the difference.

Setting Meaningful Boundaries

What areas do you tend to 'lose it' and need to bring your boundary in closer?

Where do you need to dissolve a boundary that's not necessary?

THE Sound of your Boundary.



Pre-Reminders & Boundaries



Step 4.
Step 5.
Well done. Boundaries has been a big part of module three . You might like to revisit this playsheet time and time again as things change within yourself, your child and your situation. Remember to be bigger, wiser, stronger and kind. Keep your eye on love, and seek professional help if you need it.