

# Boundaries

## PLAYSHEET

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.

Listen to **'the sound of your boundary' audio** and follow the prompts. Write your responses below:

What is your response to the first word? (bodyfullness, heartfulness, thoughtfulness)

What is your response to the second word? (bodyfullness, heartfulness, thoughtfulness)

## Three steps to connected boundary-setting

Think about something your child does that evokes frustration and design boundary around that behaviour.

Use the 3 step formula:

1. Acknowledge the desire
2. Set the boundary and acknowledge what you are feeling
3. Give the YES

## *Pre-Reminders & Boundaries*

Think of a situation where you often have difficulty transitioning your child from one activity to the next.

Write down what you could say to your child beforehand as a pre reminder:

Then follow up with an appreciation:

## *Rupture and Repair: the 5 Step Process*

Think of a scenario where you might need to do a repair with your child. Design a plan of how you might approach this using the 5 step Process.

Scenario:

Step 1.

Step 2.

Step 3.

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.