

18:30:38 And then I have to remember that sometimes what I feel like I talked about a lot is useful to hear again, if you have heard it again, and that not everybody has heard it

18:30:52 heard something about that that.

18:30:56 Thank you, Justin.

18:30:58 There is something about that that I sometimes have a hard time calibrating. So welcome, welcome to those of you who are arriving it is Monday, The first Monday of October, and October is all about loving boundaries so we're going to deep dive this month

18:31:13 into yeses and noes, saying yes is that you mean and saying knows that you mean and receiving knows, with grace and not taking it personally as if it's a rejection and receiving yeses.

18:31:28 Because boundaries are really all about your conscious and aware and choice for use of yes and to know.

18:31:44 And it is about knowing what you have a right to say no to and then knowing what you're going to do when somebody isn't

listening, though. So, that is what we're going to be diving into today and for the rest of this month and because it's week one week

18:31:50 one is always a lot more of me talking at you. So, prepare to be filled with information that hopefully will feel like a refresher course, and what you already know and permission to have boundaries and permission to play with them.

18:32:09 So, as we get going.

18:32:11 If you could go actually what I'm going to do is I'm going to share my slides with you so I was asking people when they were arriving Oh, how do I get rid of this window, let's see, as people arriving I was wondering, how many of you have taken my boundaries

18:32:25 course, I think last year. This time I ran a four week mini course on boundaries. And then it's also a course that you can buy. And it looks like I know Suzanne has taken it is there anybody else who took the boundaries course already.

18:32:39 It looks like Suzanne you and me, you and me are going to know the content tonight I know that Justin has taken it multiple times, because he keeps helping me get the content right so okay so then what I'm going to tell you is this what you're going to

18:32:53 get this week is a, what I would call a, an appetizer a platter from the boundaries course. So I just went through and I grabbed some of the really key concepts that I talked about in that course.

18:33:08 And we're going to work with them in the membership so you're going to get little bits and pieces, but if you want the full course by the way you can always just purchase the boundaries course when it is available for purchase Justin Is it ready for purchase

18:33:19 it is I'm currently updating it. And so, probably in two weeks, I would say, Okay, great, great. So maybe what we can do is in two weeks when it does go live, we can just send the members, a quick email saying that the full course is live and they do

18:33:35 get 20% off so maybe we can just make sure that the 20% of member code is working and then if anybody wants to take that full course, which will be revamped and, you know, vastly improved.

18:33:47 You can have access to that but you are going to get eight full sessions this month of diving into boundaries. Okay. Are there any questions that anybody has, will it will be available Thank you Justin what that x.

18:34:01 I just saw that right now. All right, so let me grab my slide deck.

18:34:06 And, And then we're going to do some content you're going to be in breakout rooms. If you have your questions with you I would recommend you are going to do a little bit of self reflection as we get going.

18:34:15 So there's going to be a little bit of journal writing a little bit of reflection, a little bit of Breakout Room time just to check in, say hello and share your reflections and then you're going to come back and I am going to give you all of the concepts

18:34:28 that I have found most, most useful in my own struggles with boundaries. Okay.

18:34:36 So before we do all of that, could you put in the chat.

18:34:40 Do you think generally speaking, that your boundaries tend to be too loose or to Richard.

18:34:48 What do you think you struggle with more.

18:34:52 You say, yes, more often than you enjoy you're always agreeing to things you don't agree to, or do you feel like you keep people out more than you enjoy and you wish your boundaries are actually two strong just weigh in.

18:35:05 I want to get us as loose, loose, loose. Okay, at least three people right away like my boundaries of to this.

18:35:12 Yeah, just go ahead and weigh in, if you want to you don't have to obviously to lose to lose to lose, keep people out, Richard.

Richard. Richard to this, and when I get them out meltdown then they're rigid absolutely too tight generally too loose depends

18:35:29 on the situation absolutely my boundaries will lean more controlling and more strong, okay, I keep people out too rigid boundaries are too loose especially with family and maybe to type with people I don't know well.

18:35:42 Uh huh. Yep. So you are going to find that there is new ones with the boundaries in some situations, you're going to have no problems, setting them knowing them staying connected to them and in other relational fields, you're going to find it a lot more

18:35:57 challenging. And the thing that you probably want to get clear on as we're beginning is, which way you survived and your family system more by doing more disconnecting and more of a know like it's easy to just say no no no and it's me me me like that

18:36:15 may be easier for you. And and sometimes these systems people learned to follow their know, and become yes yes yes, and so under stress, one of these two things is going to kick up for you more.

18:36:29 So if you actually have more Richard boundaries on where you can think about that as you go into more of a fight response.

18:36:36 Unless your rigidity is about withdrawing and avoiding which anyway we don't need to go into all that, but work loose personal tight. Great. Okay.

18:36:47 So, this is going to be very very obvious but it's still worth saying, If you experience yourself as having boundaries that are too loose.

18:37:04 A lot of your work is about getting more connected to yourself, and honoring your own internal voice and giving yourself permission to set up more barriers.

18:37:09 That's going to be the moves that feels less natural for you.

18:37:12 If your boundaries tend to be too rigid, if you tend to say no and then later think Well I suppose I could have said yes right, then your work is a little bit more about letting other people and about creating space for other you know like helping people

18:37:28 join you in your world and joining them a little bit more than their world.

18:37:32 So, generally speaking. Great. All right, let me grab my, my sights.

18:37:40 JOHN, it looks like we have a slight slightly more people on this call, who are loose, rather than rigid.

18:37:48 And so this quote is for you.

18:37:50 This one is for you.

18:37:52 You shouldn't have to sacrifice what you need in order to demonstrate your care for someone, the right people won't want you to ignore your self care for the sake of making them more wonderful, how do I make this go away.

18:38:07 There we go. It's very messy. Okay, so curious if you would put in the chat, how does that quote land on you, what comes up in you as you read that quote.

18:38:17 You shouldn't have to sacrifice what you need in order to demonstrate your care for someone, the right people won't want you to ignore your self care for the sake of making them more comfortable

18:38:30 responses in the chat reminder.

18:38:38 I wish I would have heard that quote when I was a child. Mm hmm. That's so good Caitlin so true.

18:38:45 In my world It sounds lovely but unrealistic.

18:38:49 Aha, because there must be some people then who do want you to ignore your self care, there are people who want you to put your own needs a way to make them happy there are people who want to have you privilege what they're wanting over what you're wanting.

18:39:04 That wasn't my experience as a child I was taught at home and community to sacrifice. Absolutely. I get that I was to, in my case it is more about avoiding conflict and demonstrating care.

18:39:17 So how we limit things so you're saying you shouldn't have to sacrifice what you need in order to avoid conflict

18:39:27 or the right people won't want you to ignore your self care for the sake of avoiding conflict.

18:39:33 Does that capture where you're going with that

18:39:42 right people yes I know Karen I was wondering if anyone was going to mention that. There you are. I was waiting for someone to say that. What if someone has then know me me me default, maybe a right person and distress won't want you to honor your needs.

18:39:58 Yes, I'll talk a little bit about that today how we sort of

how we balance this feedback loop and all of the things that map onto that. I think I was taught to sacrifice as a child and a young adult I was taught to a sacrifice for others.

18:40:09 Yeah, so we may have had this training that we need to sacrifice our own needs and privilege, other people's needs, and we can stay in that kind of chameleon camouflage default where we dismiss and override our own boundaries.

18:40:24 And then we think other people are doing that to us, but actually we're the ones dismissing and devaluing our own boundaries so that's one place we can reclaim some power.

18:40:33 The other thing that can happen is you were taught to sacrifice.

18:40:37 And you rebel against it.

18:40:39 And then you are reactive to that socialization by becoming really rigid and beginning to reclaim your boundaries and that can be done in a kind of an obnoxious way where there's a lot of rigidity over not wanting to move anybody else's way because it

18:40:56 ends up feeling like a submission or a sacrifice or a loss of self.

18:41:00 So, there's a lot of ways in which we can get out of balance here and we're going to talk this evening about getting a little bit more back into balance.

18:41:08 So here is your reflection question for tonight. This is where I'd like you to begin.

18:41:15 Where are you wishy washy with your boundaries.

18:41:19 Where do you get wishy washy. So, in a moment I'm going to put you in some small groups.

18:41:23 And I'm going to ask you to share about a time recently. When you said yes to something, but you wish you'd said no.

18:41:33 Where is a, what is the time where you said yes, if you wish it said no, and it can be to avoid conflict.

18:41:42 And it can be just from a sense of disconnection and not really being in touch with your own know it can be for a variety of reasons.

18:41:50 And then I'd like you to see if you can identify what did it cost you.

18:41:58 What did it cost you in time and energy and stress and resentment and any other any other things to think about a time where you get wishy washy with your own boundaries.

18:42:14 And if you think you don't do this with other people, and other place to think about boundaries, has to do with agreements you make with yourself.

18:42:23 And that's things like telling yourself that, you know, I'm going to stop drinking caffeine, and then not being able to stick with it, and then find yourself drinking caffeine, like you can't hold a boundary with yourself for example like really struggling

18:42:39 to have boundaries with your own values and your own desires you sort of give up on them for something else.

18:42:52 So take a few notes for a second. What, you know, sure about a time get get something in mind so when you get into small groups you

know what you're going to talk about.
18:43:03 You love like hotel room coffee.
18:43:09 Okay.
18:43:26 And then to extend your reflection.
18:43:22 I want you to think a little bit more about some of these questions in this situation. What aspects of this situation are actually in your control.
18:43:29 What's in your control.
18:43:35 And one of the things I'll have you thinking about is the difference between your circle of control, and your circle of care, and your circle of concern.
18:43:46 Though I know we've talked about this before but in your circle of control like what's a control my control is my awareness what I'm willing to be aware of.
18:43:54 My response.
18:43:58 My choice fullness, about what I say out loud and what I say to myself, my attitude.
18:44:05 My intention.
18:44:09 I want to get very clear on what is in my control.
18:44:14 And if it's easier for you to first make a list of everything that is not in your control for example how they react how they feel what they think all of their judgments, pick.
18:44:25 You want to keep your attention on what is in your control.
18:44:28 They get really clear on that.
18:44:30 And then what fears are holding our over you, in the situation.
18:44:37 It could be a fear of conflict, it could be a fear of not being liked.
18:44:49 It could be a fear of somebody else, feeling something. We're going to talk a lot about that tonight, how our fear of other people's feelings inhibits us.
18:45:00 And then in the situation what are you unwilling to give up if anything.
18:45:08 And what are you trading for what I'm trading ease for integrity and cheap trading simplicity for honesty.
18:45:18 I'm trading harmony for authenticity.
18:45:25 What is the trade that you're making.
18:45:37 And then what do you think you are responsible for.
18:45:43 And if any one of you puts down that you are responsible for how they feel.
18:45:49 You can export that out.
18:45:53 You are not responsible for how they feel.
18:45:56 The What are you responsible for
18:46:00 that we can care about how they feel.
18:46:04 So we need to talk tonight about the difference between being responsible for how people feel and caring about how they feel very important distinction.
18:46:14 OK, so again, what is in your power and influence and what isn't that you're going to become like super boundary setting in relational loving ways.

18:46:29 Then we all we really do need to be grounded and what is actually in our control what we have power over what we do influence and the things that we don't otherwise we're going to suffer a lot.

18:46:44 Okay, let's talk about the purpose of a boundary in a moment.

18:46:48 So those are all of your questions to give some thought to hopefully jot down some notes, do a little bit of awareness. Awareness work around that.

18:46:57 And I'm going to put you in groups of three.

18:47:01 And I would like you to share to the level of your own comfort.

18:47:06 So as much or as little as you like about your situation where you're at with boundary setting a time that you said enough, yes when you met know what you're learning about that moment.

18:47:21 And then I would like you to start talking in a group if you have a little bit more time about what is the purpose of a boundary.

18:47:30 What's the purpose of it, why would we even do that, why would we even set a boundary and how are you defining it.

18:47:36 And how are you working with it so we're going to be three people in a group, more or less. If you do not want to be in a group, put listening just like Sarah did but just listening, next to your name and I will make the groups and then make sure that

18:47:47 the groups are even before I before I open the moms.

18:47:51 And I'm going to give you a good 12 minutes because then if you're three people you each get four minutes with a little bit of time, couple minutes on the back end to wrap.

18:48:01 Okay so that you're not very very abruptly ended.

18:48:08 And so let's see you're going to be randomly assigned there on my rums and now I want to move people around to make sure that Eric is not going to be in a breakout So then I'm going to move on to so let's move you to go to that gets a four and two or

18:48:24 three now we have a three, another three and two, the two.

18:48:31 Okay, and 2333. Okay, so some of those tools we can make into.

18:48:43 We're going to leave them to, because otherwise I haven't heard before and I don't want to ever before.

18:48:48 Okay, so some of you will be in twos, and some of you will be in threes, you will have 12 minutes to have a long, meaningful connecting discussion. You will not give each other advice.

18:49:01 You will not fix each other's problems.

18:49:04 You will get into your beautiful rooms and you will be deeply empathic we present to yourself and the other person. Remembering that there's nothing to fix, because there is nothing wrong.

18:49:16 And you're not going to inadvertently send anybody the message that they need help, or that there's anything wrong with them, by doing the dreadful things of giving them advice teaching them something and sharing with them all of the things that fixed

18:49:27 it in your own life. Can we agree to that.

18:49:31 What we'll do instead is we will show up with deep deep listening and shared humanity and loads of empathy, and we're going to work on just being with one another, just being with one another and

listening.

18:49:45 When you get into your rooms, please set a timer, well they let somebody just set a timer a little bit before like if you want to give everybody three minutes so everybody four minutes set the timer for a minute before.

18:49:56 Otherwise, it feels very abrupt to just stop. So they get a little bit of a wrap up time, and I will see back let me, let me get the 12 minutes with the two minutes countdown.

19:03:58 People are coming back.

19:04:08 Some of you are back already. And everybody else has 30 more seconds.

19:04:06 For those of you who are back, and who have been back.

19:04:10 What is the purpose of the boundary.

19:04:14 And what is it that makes it difficult to say no.

19:04:18 You can put those things in the chat while we're waiting for everybody else to return this though.

19:04:24 All right, people will be here in another give them another 10 986 bow that's, That's not how it goes but y'all understand.

19:04:33 Okay, here we go I think everybody is going to be here in a moment.

19:04:41 and welcome back welcome back from your discussion. This, I think this is a great set of questions which.

19:04:50 Excellent. I'm so happy to hear that.

19:04:53 Welcome back, you guys. As you're getting back if you could put in the chat.

19:04:58 What do you think is the purpose of a boundary.

19:05:03 Feel free to put in the chat any questions that are arising around boundary setting anything that you're hoping that I do go through it in terms of content.

19:05:11 And I would like to know also what makes it difficult for some of you to say no.

19:05:16 And you can put in the chat and if anybody would rather just tell me out loud I am all yours.

19:05:35 Everybody came back from their groups and nobody wants to say anything or write anything merrily.

19:05:42 I said I said no this past weekend, because I didn't really want to go to this party. And then I noticed and this happens to me quite a lot then I actually feel physically, sort of sick to my stomach at when it's the time for the party and it's like well

19:05:58 I could have said yes.

19:06:01 So, if you have any wisdom to just say, I mean maybe I just need to you know get used to it and accept that anxiety, but this is not the first time this has happened, what what is it that comes up for you at the time of the party what is that feeling

19:06:16 that you're feeling in that moment, I could have said, Yes, I did. I'm not extending myself. It maybe it's more the fear of.

19:06:28 I don't know not being a good community person, or joining in when I could have. I mean, and we I grew up where it's like you just go along to get along that was, you know, you don't say no and so I think I have very good.

19:06:46 Now you didn't finish.
19:06:50 You know it could be just that memory, coming up from when I was very little about you just you just have to go along and that was the way to just not get yelled at.
19:07:06 So, there's a part of your body memory that kicks in. That is remembering being shamed or yelled at or judged or criticized or not wanting to do thing.
19:07:19 And that voice kicks in. In that moment and generate that kind of anxiety in your system. When you find yourself saying no now.
19:07:29 Does that captured accurately.
19:07:32 Yes, yes.
19:07:36 Though options in that moment, or to turn inward and Sue's the little girl and let her know she's not going to get in trouble now
19:07:46 tell who you feel her anxiety.
19:07:50 Oscar how old she thinks you all get into dialogue with her turn towards her, sweetheart. How old are you are you 345 was the movie with.
19:08:03 And what is the memory.
19:08:04 What was that that happened, I am here now.
19:08:07 Tell me.
19:08:09 Tell me what happened and I will witness that now.
19:08:13 Show me the story again.
19:08:15 And let her feel the anxiety and the shame and the fear and the now and see if you can allow those feelings to come up in your body, mind and your system.
19:08:29 And you can track the sensations.
19:08:32 And you can track the feelings I personally find this easier to do with another person, honestly, helping me and guiding me through it then trying to coach myself through it.
19:08:41 That's for me. Like I find it difficult to be playing three roles at the same time, the part of me present saying the part of me remembering and then the part of me helping myself like I usually just bring in help so these, right,
19:08:55 then the, what you're wanting is a relational field in which all of the voices all of the feelings all of the memories, get to be witnessed and present and felt and reassured and validated, so that these parts of you can learn that there are no as welcome
19:09:17 now and no one's going to get into trouble.
19:09:21 No one's going to get into trouble. And that anxiety gets to be soothed.
19:09:28 Thank you. Yeah, you're welcome and the habit, the cultural habit and elimination system is to think what's wrong with me what's wrong with them. what's wrong with my decision.
19:09:38 Should I have gone maybe I should have gone maybe like we, and notice how much of that is your mind trying to figure it out.
19:09:46 And our minds do that they are loyal delightful loyal little warrior mind wants to kick in and fragment and criticize and evaluate and analyze the whole thing to death thinking I just bring you this tool it's going to resolve it.
19:10:01 And what actually happens is it gets entrenched like a loop

in a record.

19:10:08 Because it's disconnected from the feelings that are stored with the memory, and it's disconnected from a relationship in which that part of us gets embraced seen,

19:10:22 because that's not what happened to us at the time, we didn't get embraced or seen or heard.

19:10:27 And so, it's difficult for us to give that to ourselves, when that wasn't given to us.

19:10:33 And that's why I always need to bring in a third person because I'm like, oh shit I'm stuck in a memory loop and I'm stuck in this thing that I apologize me doesn't know how to do for me.

19:10:42 And I need a third person who can intuitively and naturally do it for me and that I get it and then I'm like, yeah, that feels so much better. And then I have that installed in a way that I cannot do that for myself, that we, you know, for me, I don't

19:10:57 just pull it out of thin air. If I didn't get it.

19:11:01 We are interdependent we needed to find somebody who can help us actually get it, and then we can give it awesome. How's that landing.

19:11:09 Great. Thank you.

19:11:13 You're welcome any comments or questions from anybody else on that piece.

19:11:22 Okay, good.

19:11:24 All right, good.

19:11:27 Um, what is the purpose for boundary I'm wondering if people will putting yet in the chat or saying no as hard let's see yes okay, let's see, let's see to protect yourself.

19:11:37 Yes. You get an A plus and you you completely as the courses them. Well done. Yes,

19:11:45 that is correct, to protect yourself and for self expression boundaries to protect me from making for making decisions and getting into situations that are draining and diminishing.

19:11:55 Yes, it is to help you survive and thrive. To maintain happiness and sanity. Let's hope, I hope that that is a side effect absolutely boundaries seem to be strategies to meet needs for me often my need for self connection.

19:12:07 Yes, actually the nice and soft connection also helps you know where the boundary is to begin with, like it's foundational if you don't have self connection you sometimes don't even know you have a boundary.

19:12:19 Saying no is hard because we care about the other person and letting people down so let's talk right now about the distinction between being responsible for people's feelings and caring about somebody's feelings.

19:12:32 Okay.

19:12:34 One of the things we want to get really really good at if we're going to take on the task of boundary setting is a willingness to sit with somebody else who is upset.

19:12:48 and who thinks they're upset because of something we did or didn't do

19:12:53 that is one of the spaces that we want to get desensitized in a good way, not desensitized like buffered, but we want to get more confidence and clarity about how to sit in the space of someone being disappointed.

19:13:13 If you can't tolerate their disappointment.

19:13:18 If somebody around you being disappointed, or feeling hurt or being angry.

19:13:26 If them having that emotional experience is if you have an allergy to it to such a great degree that you will disconnect from your own boundaries in order to avoid them having that feeling.

19:13:43 It's going to be very very difficult to set boundaries. Because what you're going to be doing is unconsciously, trying to manage everybody else's feelings.

19:13:52 And if you are unconsciously trying to manage everybody else's feelings.

19:13:57 You are a puppet on a string.

19:14:01 You are not in a place of personal empowerment of freedom.

19:14:05 You are very easily controlled and manipulated by others.

19:14:10 When you are in that state when any of us are in that state, because all they have to do to get you to be different, or to get me to be different, is depending on what your trigger is feel disappointed, feel, feel angry or think something bad about you.

19:14:32 And if those are things that send you really easily bring up anxiety for you easily. We know one thing, there's trauma, there's relational trauma, I don't mean like big trauma, necessarily, but there's some relational trauma and patterns from when you

19:14:55 were a child, for sure that needs some healing. And to with God to help you or me develop the capacity to enjoy it when other people feel a wide range of feelings and think a wide range of things about you.

19:15:13 We want to learn how to relax into that.

19:15:19 When I can hear all of the things that you think are bad about me without getting a panic attack.

19:15:30 And when I can hear about all the feelings that are stirring in you.

19:15:39 Around me without having a panic attack about it when I can stay clear and grounded.

19:15:45 Then I'm actually available for relationship.

19:15:48 And for deep listening and for self connection and connection with others, that's when I really will be able to build trust and connection and authenticity and depth of relating.

19:16:02 If I'm unable to do those things, my relationships will tend to be more avoidant, a little more disconnected and a bit more distant and quite codependent.

19:16:19 And I don't want to say that in a way that is pathology. I mean if you can hear that and just hear that in a way like just descriptive. Like, that's just kind of the flavor that they all when we're still in those states.

19:16:32 And that is completely acceptable and lovely, and I hope you grow out of it, stage of development.

19:16:40 And it's a stage of development many of us need to go through it there's nothing bad about it there's nothing wrong with it just locate what that is.

19:16:57 is bad. So, how is that he's landing for now.

19:17:01 Oh, this was the other thing sorry before I say that.

19:17:05 It is only when I can hear and be present to how you feel without reacting or thinking I'm responsible for it or I have to do something about it or I have to fix it is only when I am able to stay in that state that I am actually able to care about your

19:17:23 experience, because the other version is I'm not caring about your experience I'm actually managing your experience to manage my experience.

19:17:34 I'm not available to you and your experience because I'm feeling too much anxiety about your experience. And I want my anxiety to go away.

19:17:44 And I would rather inhibit myself or assert myself too much impose myself.

19:17:50 In order to manage my anxiety.

19:17:52 So it is really only once we are able to be with others in the fullness of all their judgments and in the fullness of all of their feelings that we are able to offer care to self and other.

19:18:10 How's that landing of people. Comments, questions, There's chat things I country for one moment.

19:18:15 Well if nothing is wrong Why are we looking at boundaries. Oh, good question here I'm going to come back to that purpose of boundaries and how protection Yes, yes, yes.

19:18:26 They've been time. Nice. Enjoy maybe just panic less sure stages of development area.

19:18:33 We can start by panicking less managing our anxiety a little bit eventually we'll get to enjoying. Yes.

19:18:39 Yvonne and then Kathy.

19:18:43 Yeah, I mean, are we going to.

19:18:47 I am aware that managing disappointment is a huge challenge for me or like experiencing other people being disappointed with me and so I guess I'm wondering if there are, like, what is the self work that we can do around that, or, like, is that something

19:19:04 we're going to cover or I'll tell you right now So number one, we want to be really really aware of where what it is that is getting in the way of you being able to set a boundary.

19:19:17 The one is awareness and and we're kind of painting with some broad strokes so that you can all feel into where, where is your work.

19:19:26 It's about awareness of where do I get stuck and they mean, one of, you know, Harry was saying for him it's a fear of conflict right avoiding conflict, what is it for each of you that's partly why I'm giving you those questions.

19:19:37 Once I'm aware of the thing that I'm scared of.

19:19:41 Then I know what I want to develop some strength around that I know what my practices.

19:19:47 Then my if my if the reason I always say yes is because I don't want people to be disappointed. For example, you pick whatever

it is for you.

19:19:55 Then I know I need to go and figure out where did I learn that somebody else being disappointed is so scary and bad.

19:20:05 What happens in me when somebody else's disappointed.

19:20:09 And how can I help myself. Stay present and loving and connected in the face of someone else's disappointment.

19:20:18 And then a practice would be like if you and I were working together and, and if your thing is disappointment, the homework I would give you is go out and disappoint somebody intentionally every day this week.

19:20:32 Make it a practice to go and say something disappointing, and work with what is coming up in you around that find out what it is that has been running unconsciously that inhibits you so much so that you can learn how to disappoint somebody with love and

19:20:54 grace.

19:21:09 And I'm going to do it in small ways and it's not a lack of care.

19:21:14 It's from now on. If somebody asks me what do you think about blah blah blah and I feel opposed to tell them what they want to hear.

19:21:22 Instead of the truth of my experience. My practice is going to be to as gently and kindly as possible tell them the truth of my experience and deal with the fallout of that.

19:21:34 If that's the thing I'm wanting to learn. If the thing I'm afraid of is somebody is anger, then I would say get out there and go and do things that other people find irritating say things that they'll find irritating.

19:21:45 Bring it on. in tie traded intentional ways where you're choosing. It's like taking a surfboard out on a, on a more stormy day than usual and saying I'm going to take that way, that way that I usually avoid by telling people putting on a mask or keeping

19:22:03 them far away and disconnecting from them. How can I go in and approach that thing and practice, who do I want to be in that situation.

19:22:13 So that that would be where we begin working so it's not just about like boundaries are not there isn't one set of right answers for every situation and we just learned how to implement them.

19:22:23 It's much more about calibrating your own inner compass and figuring out where do you get tripped up. And what is it that you're going to need in order to get that part of your voice online in a way that is relational so if you're too loose if your boundaries

19:22:38 are too loose.

19:22:40 It is about this practice that I'm describing to Yvonne.

19:22:44 If your boundaries are too rigid. It is about inviting people in, and making yourself more vulnerable more often.

19:22:56 So, Is that helpful Yvonne in terms of dislike, then what do we do with it. Yeah, it's about playing with self expression in a new way, and being willing to field a wider range of unpredictable and often more intense emotions and other people without

19:23:13 letting that control you anymore.

19:23:17 And that that comes from a lot of self trust that I know what

to do when somebody has a strong feeling around me. And what is it that we do and somebody has a strong feeling around us.

19:23:28 We reflected back to them. We connect to their needs.

19:23:32 We asked about what would help.

19:23:36 We get present to their experience, we summarize what matters to them.

19:23:42 We don't justify, we don't explain.

19:23:45 We don't believe that we've done something wrong, we don't believe that they're doing something wrong.

19:23:51 We stand the consciousness simply of honoring myself and being present to you as you have a reaction to that.

19:24:00 At the core practice.

19:24:02 How's that landing Yvonne is that practical enough.

19:24:06 Okay, great, great anybody have a comment or a question about that piece. Yes and Angie, and you practice that with yourself like I get really scared of disappointing myself and shut down.

19:24:18 I haven't hit this unrealistic standard.

19:24:22 So just go about trying to disappoint myself all week.

19:24:27 Absolutely and and when you feel disappointed in yourself what else maps onto that for you.

19:24:33 Shame.

19:24:47 Yeah. Okay, get a great idea I can do something and then the time runs out or I decided not to do it or I changed my mind in, like, okay, okay so and then what happens next, What do you start telling yourself or the like what what's, where's that coming.

19:24:52 I do almost anything to get the original plan done.

19:24:56 Decide on have to experience that.

19:24:58 But, but what's and what's. Where did you learn to experience that.

19:25:05 You know, as a kid you know if I would write a paper through the night if it wasn't coming, or if mom gave me a job and I didn't get it done right away I just work work work work work until I fell over and got it done.

19:25:23 So was it to meet a need for safety was it to meet a need for connectedness, was it to meet you know what it was to meet a need for.

19:25:31 It feels like safety to me.

19:25:33 Okay, so then what I would probably start doing is saying you're safe anyway, and you're safe now.

19:25:44 If that's true, I just thought of one of the things I didn't want to disappoint myself on. Yeah.

19:25:48 Yeah.

19:25:49 If we don't earn anybody's approval any ever again. And if the whole world just us.

19:25:58 You're safe. You're safe. Not gonna throw myself out of the apartment. Okay, got it.

19:26:04 Yeah. Yeah. And you know what, I approve of you and your imperfect notice, and I approve of you and your laziness, and I approve of you and you're abandoning projects halfway through, and you are loved anyway.

19:26:21 Some version of like what is the antidote message that this

child in you need.

19:26:30 Thank you. Yeah. You're welcome, you're welcome.

19:26:34 Anything else on this piece, coming up anybody. I was going to piggyback on to everyone's discussion about working with this material. And my first thought was, I would need to have a role play with someone being certain people in my wife, that would

19:26:56 say, back to me the things I don't want to hear like you've disappointed me. And just to be able to sit with my own biology, because I'm not at a place where I can.

19:27:10 I've got my frontal cortex here online to do any thinking about feelings needs or responding or staying grounded out just really have to sit and tolerate the physical feelings and then move to when that's settled.

19:27:28 Some of these steps, we can do that next week. If you can bring in a very specific situation.

19:27:36 Somebody asked for this I said no and then they said well you just disappointed me or you know whatever it is like just come up with the three things I said they said I said, or they said I said they said what whatever that is three things.

19:27:50 That's what I'm going to ask you to bring it next week. Anybody want to work with this real time.

19:27:56 Then we'll start going through the scripts and the situations and working with what happens in those moments. So we'll start with that next week.

19:28:07 It does take practice. I highly recommend practicing for the moment. That's what we do hear a lot is we train for the moment, so that you're not doing it for the first time in the moment.

19:28:15 Right.

19:28:17 Yeah.

19:28:18 All right, I am going to move through some slides Is that okay with everybody. Are you ready for me to just move through some slides and some content okay let me get my slides up for you.

19:28:28 Okay, so we're going to dive into I love what I'm reading in the chat already about the purpose of a boundary. And here are a couple more things.

19:28:39 The reason we have a boundary is to protect protect to protect ourselves from home to protect our well being and to provide other people with clear information about what is and is not okay with you.

19:28:57 Now this last point, we tend to forget, we tend to assume that people should just know they don't, they don't just know because the things that you may prefer that protect you from harm or go to bat for your own well being, those strategies may look different

19:29:16 from you, and other people. And so it is our responsibility to be as clear and explicit and direct as possible with other people about what it is the doesn't doesn't work for us.

19:29:30 That is ours to be proactive about and to be explicit about, and not to just assume that people that people should know normal people know that get that thinking out of your mind.

19:29:43 There's so much diversity on this planet for us to be making

those kinds of assumptions.

19:29:49 So, protecting from harm would be things like you know what we put into our bodies, how we would like to be spoken to, how we would like to be dealt with physically, what kind of touch we do or don't enjoy what kind of physical contact we do and don't

19:30:06 enjoy right and then protecting our well being, what our preferences are in terms of how we would like things to go, and then giving that information to other people in positive actionable doable language.

19:30:21 Okay. And this is another skill that we want to develop. So it is really different. If I say you know I just want you to be nice to me I can't understand why you just can't be nice to me.

19:30:32 This does not help people that is not a boundary that is a wish, and it is a wish that means something very different to you than it might mean to the other person.

19:30:39 But if I said to you. When I walk in the room, I would like your face to light up with joy for you to look at me and smile and hold your arms open for me to come for a hug.

19:30:50 That is what I would like, How much of you is willing to do that.

19:30:55 Okay, now we know what it means for me in this relationship. In this way, what being nice means to me.

19:31:03 So you want to get as clear and possible clear and specific, and you want to ask for what you do want remember one of our addictions one of our terrible addictions is talking about everything we don't want that we keep wanting to point to what we want

19:31:18 less of, and that is less effective than talking about what you want more of.

19:31:22 Okay, Here is a little chart on boundaries rigid boundaries.

19:31:29 If you have more rigid boundaries you tend to avoid close relationships. You are unlikely to ask for help.

19:31:35 You like to keep other people at a distance, sometimes to avoid the possibility of rejection.

19:31:41 You feel more comfortable when you are detached from others, and you tend to be more protective and closed off, you will not reveal things as easily you will keep things close to yourself, and you won't be super transparent with other people, it's beautiful

19:31:55 protective mechanism, but you've got a pretty big buffer between yourself and others.

19:32:00 If you have really loose boundaries, you tend to over share you tell people fall more than they have earned the right to know you don't calibrate well for the relational context you treat everybody as if they're your best friend and you're not coming

19:32:17 up with a lot of new ones about who needs to know what, okay, you struggle to say no, you tend to explain and justify a decision, if you do say no, you say no with a lot of caveats you say no and tried to get their approval for the No.

19:32:32 Okay, you tend to be overly involved in other people's issues and lives it can be difficult for people who have looser boundaries to get clear on where they begin and end and where somebody else begins

and ends, or what's actually in my lane and what

19:32:46 actually belongs in your lane.

19:32:48 They struggle to keep secrets. They like to share information. They are more dependent on other people's opinions when we have loose boundaries, we tend to be much more invested in what other people think of us, because somehow our identity feels threatened

19:33:03 if somebody has a negative thought.

19:33:07 And we tend to accept a lot more mistreatment when I have loose boundaries I tend to have a pretty high threshold for what I'm going to put up with before I will say anything so I will allow people to treat me in a, in many, many ways that I do not enjoy,

19:33:20 and I will just decide to keep quiet and put up with it. If I have this boundaries. Okay, healthy boundaries, is what we're aiming for.

19:33:28 You are able to say no. When you mean it to other people. And you are able to hear somebody else's No.

19:33:36 Okay.

19:33:38 Participants can now see your application. I don't know what that means that you will see that the little thing. Did you get that anyway I got a little.

19:33:44 Okay. So you want to get really clear about receiving somebody else's knowing and respecting it not trying to override and and get them to change their mind, and you can say, what do you do and don't want, you're able to maintain your own sense of self

19:34:00 and your values, while hearing and respecting other points of view and perspectives, you're able to be honest with others you can communicate, truthfully, truthfully what's what your inner state is.

19:34:12 And before we can communicate truthfully about our inner state we need to be connected to our inner state so sometimes that's pre work.

19:34:20 And we can change and shift boundaries as needed. And as situations evolve. So it might be a know at the get go. And then two or three weeks go by, and we've both more trust and more intimacy and the relational conditions have changed and what was a know

19:34:36 three weeks ago can become a yes.

19:34:39 And I can start with a yes. And as things evolve and change that yes might become a no. And I am able to flex and flow with whatever the truth is it's not a yes forever or no forever.

19:34:54 Okay, so this is how we work with healthy boundaries there emergent they're dynamic there in the moment and they're responsive to what is needed in the current relational conditions, a boundary is whatever is okay, and is not okay with you.

19:35:10 You get to define what is harmful to you.

19:35:16 If I tell you that if you say the word fuck around me, that I experienced that as harmful. It's, it's jarring to my system. It messes with my stress response.

19:35:29 I would prefer not to be around that particular word. Here's the impact it's having on me and it's a bit of a boundary for me, I just don't want to be around that kind of language.

19:35:39 Your choice is are you willing to work with that or not.
19:35:43 Can you care about my boundary or not, that's just data about my preferences and my sense of boundary.
19:35:49 You get to decide where you want to meet me or not meet me with that. But it is intrusive to try and change that, or override that will say well that's the most ridiculous thing I've ever heard you need to stop being such uprooted just get over yourself
19:36:02 you know all language is lovely you should hear what event says all the time I mean all language she says great so you know this is about you needed to be more flexible like that's invasive and original boundary in response to that would be like okay
19:36:15 well I guess I can't say anything around you.
19:36:19 Can you see how we can have an overreaction on both, both ways.
19:36:23 So you get to define it, and other people will define for them, as you will know I love all language and that would never be something that I would say, however, that doesn't mean that I get to impose that on everybody else and if somebody lets me know
19:36:35 that they are in a different place. We work with each other.
19:36:41 You get to define when and how you will protect your being, your space and your time.
19:36:49 So in this earlier example, if you were to say well you know what I love using that word and I'm going to use it all the time and so I'm sorry that that's an issue for you but I'm just not willing to comply with that, then I get to decide what I'm going
19:37:02 to do with that.
19:37:05 Am I willing to be around you and then the moment you use that word I need to disengage. Do I not want to be around you at all. In that case, am I am I going to invite you into some kind of a strategy thing where okay maybe I can have a threshold for
19:37:18 hearing it three times and then it's really too painful for me and then I just engage like I get to decide, but I don't change you.
19:37:25 My focus doesn't become on getting you to the different healthy boundaries are about me hearing your yeses and noes, being clear with you about what I do and don't want, and then figuring out what I'm going to do about it.
19:37:39 If you're unwilling to meet me there.
19:37:42 But that becomes what I'm going to do, not what I'm going to try and change in you.
19:37:47 Does that make sense that's a really important piece to get clear on a boundary includes what you will do when someone comes into your emotional, physical, mental, spiritual space in a way that you find harmful or hurtful or unpleasant.
19:38:04 And then you get to decide what you will do if others continue doing x y&z
19:38:12 questions any questions about this piece is this making sense to people.
19:38:18 Great, I it's helpful when I see some nodding faces I am glad that that is.

19:38:24 Okay.

19:38:24 Here are signs that your boundaries are being crossed, or that you're crossing, maybe crossing somebody else's boundary.

19:38:32 If your boundaries are getting crossed you tend to get angry,
19:38:39 you tend to get angry and you tend to begin judging other people.

19:38:43 That's one of the first cues that there may be a boundary of your own, that is not being on it. There's other things that could be going on but the boundaries that are a big one.

19:38:54 If you're feeling resentment.

19:38:57 Resentment is a clue that you're saying yes to something that you don't want to be saying yes to and resentment is also a clue that you're doing it from a child or a victim consciousness that for some reason some part of you is not giving you permission

19:39:12 to say no, or that you were trained to think that there's something wrong with your know.

19:39:19 And so that's work that needs to be examined right.

19:39:22 If you're sitting in a conversation and you notice yourself cringing or pulling away.

19:39:28 That is often a symptom of a boundary crossing, and sometimes we're not really aware of what those boundaries are yet, and we notice the symptoms before we can figure out what our boundary is because we're a little bit out of touch with our own boundaries.

19:39:41 And you'll notice yourself tightening inside and bracing.

19:39:45 You'll notice sort of a bracing in your body against something that is happening in the space. These are really important things to begin queuing into, and I'd like you to think about it like this, your anger your judgment your resentment your guilt.

19:39:57 You're cringing you're bracing you're tightening you're pulling away these responses you're having our wisdom.

19:40:05 This is a wisdom trying to make itself known to you so slow down, take yourself seriously and listen.

19:40:13 Instead of doing the old thing of what is wrong with me.

19:40:18 Right. Listen, I take yourself seriously, these are these are this is a good qu indicates your boundaries starts with establishing clear expectations with other people, you get to talk about them, you get to say I noticed myself cringing and pulling away,

19:40:32 I noticed myself beginning to get angry and judging you.

Here's what I think is going on for me. I've suddenly become aware of a boundary that I didn't notice here.

19:40:41 This is what I think I'm needing, would you be willing to blah blah blah.

19:40:45 And then you find out what they're going to say, and then you can you can work with that most people, the vast majority of people are not intentionally violating boundaries, they just don't know where the line is.

19:41:02 And sometimes, a lot of the time, we do not know where the line is, until we start having these symptoms.

19:41:08 And that's the moment that we get to wake up, that's the moment that we get to slow down and say, Oh, wait a minute, something

is up. Let me find out what it is that I was previously unaware of.

19:41:19 And that's how you can bring up the conversation. I wasn't even aware that this was an issue for me until I noticed myself beginning to get resentful.

19:41:26 And the moment I noticed that I realized I want to talk to you about it because I don't want this to get more toxic for me.

19:41:32 Here's what I think is happening, blah blah blah. How does that land on you. What happens in you as you hear that what's it like to receive that, what could we do about this.

19:41:43 Okay.

19:41:45 The thing expectations explicitly let others know where the line is it's a gift. It is not an imposition it is a gift.

19:41:53 When somebody says to me, Listen, here's what you know what I tell you about my boundaries. That is me trying to have a relationship with you.

19:42:03 If I didn't want to have a relationship with you I wouldn't bother.

19:42:07 I'd simply stop, dealing with you.

19:42:10 It wouldn't be worth the conversation. So if anyone is coming up to you and saying here's where my boundaries are that is them being relational.

19:42:19 And when you don't talk about your boundaries, you are not being relational relational is about helping other people to work with you in a way that you enjoy.

19:42:32 Alright, what is needed for healthy boundary setting a good relationship with yourself.

19:42:39 Do you like yourself.

19:42:41 Do you trust yourself.

19:42:43 Do you accept yourself, because it's the places where you don't like yourself, you're judging yourself. You're not trusting yourself and you're not accepting something about yourself.

19:42:55 Those are the places where you're less likely to set an explicit strong loving and firm boundary.

19:43:02 Those are the places where you'll sometimes get triggered.

19:43:06 And that's not about other people, not honoring your boundaries that's about an inner conflict, you are having about your own boundaries.

19:43:17 And it's about a place where you don't feel like you actually have full permission to want what you want, and that that's inner work first. Yeah.

19:43:27 You also need clarity about what energizes you and brings you alive, and this is the MVC practice of really connected to your needs.

19:43:36 And you want to take that seriously what actually energizes you and what brings you alive.

19:43:44 And that of course changes from hour to hour and moment to moment sometimes it's about meaning and depth and trust and closeness and sometimes it's about autonomy and freedom and spaciousness and sometimes it's about playfulness and movement and sometimes

19:43:58 it's about stillness and presence and quiet.

19:44:03 But through the course of a week, likely it will be all of

those at different time.

19:44:08 And it's about whether or not you're honoring the cues your system is giving you about when you're needing what and how you're helping other people help you with that.

19:44:21 The question would be, you know to what degree are you really grounded in your core values and clear about what you stand for and grounded and connected to your own human needs.

19:44:27 Are you taking what you need. Seriously.

19:44:38 Take your needs. Seriously, your needs are a gift for yourself for others.

19:44:42 And then, finally, I want you to make peace with some things that are very common inner conflicts.

19:44:50 Sometimes we will disappoint people.

19:44:53 That doesn't mean we've done something wrong.

19:44:57 Sometimes people will feel hurt and angry.

19:45:00 Don't confuse that with having harmed someone

19:45:06 just because somebody is feeling hurt, does not mean you've done something harmful.

19:45:12 Sometimes you have.

19:45:14 So take responsibility if it is something you've done, but it doesn't automatically mean that you've done something harmful.

19:45:22 It often means that they're having a memory of harm that was done to them.

19:45:26 And it is showing up in the moment to be healed, because of some familiarity and the dynamic.

19:45:34 Very often it's not personal.

19:45:36 And sometimes people will increase pressure on you to do what they want, stay grounded, stay grounded in your truth.

19:45:45 Don't get rigid, figure out is this a place I'm willing to shift or not what information what I need.

19:45:52 But stay grounded in your truth You don't get to, you don't need to self abandon the moment somebody begins putting pressure on you.

19:46:00 If somebody puts pressure on you, it just means that there's something that really matters to them. It doesn't mean that what you want is wrong.

19:46:08 It means that there may be two things in the space that matter a lot to to people.

19:46:12 And we need to have a longer conversation.

19:46:16 Okay. Those are my.

19:46:19 Those are my points and boundaries.

19:46:23 I would like to know what was useful about that what questions are coming up about that.

19:46:29 Has that been a helpful way to begin framing up some content for this month. Has that been a good enough refresher. Okay.

19:46:37 All right, what's coming up for people I have not been reading the chat, because I've been busy with other things as you can tell.

19:46:45 So if there is a question in the chat that I've missed with something you want me to address please alert me to it.

19:46:53 Yeah.

19:46:53 How's the content landing

19:46:59 them.

19:47:06 Um, I, I wanted, I was looking forward to this topic because I'm finding in the pandemic right now with so much misinformation and confusing information and changing information that my own boundaries have been really challenged to in order to know what

19:47:28 I want to do from day to day sometimes our tower. So, I find I find it really helpful.

19:47:35 Is there anything, heard this evening. That makes a practical on the ground difference for us somewhere.

19:47:49 I think trusting trusting yourself, trusting myself would be the one I get challenged on who I'm listening to for information.

19:48:00 And I've had to say, Well, I'm going to listen to this person for information.

19:48:07 I know there's many sources, and we each have to pick our own person that we trust for because I'm not a scientist, so I have to trust others who might know.

19:48:20 So, that would be one thing.

19:48:21 Okay, so there's sort of something up for you around really being choice people around what information you're letting in what you aren't aren't exposing yourself to instead of where you give yourself permission to rest with the, this is what I know for

19:48:35 now and the information that I'm going to move forward with. Yes. Got it.

19:48:41 Got it.

19:48:50 Lovely. Thank you, Caitlin yeah Hi, I'm, I'm appreciative of hearing you say that something like when someone is sharing their boundaries with me, or if they're expressing like oh they're disappointed by what I did.

19:49:04 They're trying to be relational with me. And that has shifted my paradigm because usually it's my first reaction to like, oh my god you have a problem with me while I'm going to walk away.

19:49:16 Like, what you know.

19:49:15 So actually, it's, it's cool because now I feel more I can look at that and say oh I feel valued that they're even taking the time to tell me this because that means that they want to work through it and that's such a more positive thing and it's doing

19:49:30 wonders for my self esteem.

19:49:32 Okay, good. I would encourage you to ground yourself and that being your assumption, that is my core assumption when somebody is coming at me with boundaries, it's like I choose to see it as oh you're going to bat for a relationship with me yeah that's

19:49:46 relationship, you're bringing in what matters to you. You're giving me an opportunity to care about something that is important to you and I'm going to assume that those are the terms of engagement.

19:49:57 As we get through the conversation. We sometimes discover that the other person is not at all interested in our perspective.

19:50:07 And they're only interested in getting their way.

19:50:09 And then the game can change a little bit right, then we want

to sort of update. Oh, now I have a different understanding of what's going on and then we can check that out.

19:50:18 It sounds like you know and we can talk next week when we're doing demos and scripts like where and how do we calibrate those points where the conversation may put it, but the the piece that I want to really put twinkle stars around that you're bringing

19:50:33 in is if we can come in with the assumption of people's goodness, the assumption of people's intentions relational.

19:50:40 We will often pull that from them because the way we show up, will make it easier for them to actually become a relational, even if they weren't initially.

19:50:53 So it can be magic that way too. yeah that's helpful. Thanks.

19:50:57 Thank you. Thank you.

19:51:00 Anyone else.

19:51:14 Now you've all been fully enlightened apparently and you have no more questions, and you are ready to go off into your week, and just said lots of good boundaries in any of the situations that you began with earlier where you feel like you're wishy washy

19:51:29 Did anybody get any insight into what they might say or do differently or Would anybody like some ideas for that situation that they would like to talk about.

19:51:48 Hi Harry

19:51:51 What I wrote down as an insight. I guess I've seen this before, is that I often think well there's only two choices. Either I go along. Or I walk away.

19:52:05 And it was kind of reminded again well know those aren't the only two choices maybe there's a way in which there's something else that could work.

19:52:15 And in my case, the thing I've been working on and noticing is that I will go along with something in order to avoid an argument or avoid.

19:52:30 And in this case it's my wife, it feeling angry with me because it just is obvious to me that obviously I've caused this, and I know I didn't, but, boy, not.

19:52:44 And so it's intriguing to me so okay so there's a possibility of a different doing something different. I think as far as I've gone.

19:53:02 Man, so I think what it would be just to be more concrete.

19:53:00 I'm asked to help with a party or some thing that's going on, and I have found in the past that it's not. It's an all day affair, where I thought it was going to be half an hour, and it never ends.

19:53:14 It doesn't matter.

19:53:17 I could say something along the lines of yeah I'm willing to do it, I'm willing to spend this much time does that work for you.

19:53:23 Exactly.

19:53:24 I will joyfully give you exactly 46 minutes. And at that point, I'm going to gracefully withdrawal and leave you to the rest of the day. How does that work for you.

19:53:37 It sounds funny but it's like in the moment that's just never occurs to me that's even possible so yeah

19:53:44 you know the reason these things don't occur to us is not

because it doesn't live in our hearts already because it already lives in our hearts. It's that we do not hear this language spoken in the media in the sitcom's in the movies in the workplace,

19:54:06 our families of origin. We don't get exposed to it. And if we're not hearing it. It takes tremendous creativity and effort and intentionality to begin generating a language that we prefer.

19:54:16 When we are not absorbing it from anywhere.

19:54:19 And that is part of what we do here, is try to really get sort of an infusion of the kind of language that is more in line with how we really feel and what we really want and what will be effective.

19:54:34 By hearing one another use that language.

19:54:37 We need to have scripts and examples we need to hear it. We need to watch it, we need to play with it we need to role play with it. In order for it to be real otherwise it's a theoretical concept.

19:54:49 Right.

19:54:49 And so, it's so often that that I will, you know, I will not come up with the language and my own situation I'll be like, I don't really know what to say.

19:54:58 And I'll call my best friend she's like well I would just say blah blah blah. And then I know exactly what the Why didn't I think of that, I mean how many people on this call have had these examples where you're like it's so obvious when you hear it.

19:55:09 It's so obvious when you hear it so we've got to get better at putting ourselves in situations where we are hearing the things that we're valuing where we are around the people who are speaking in the ways that we want to be speaking, and then remember

19:55:23 every time you do it, you are becoming a cultural change agent for everybody around you. You are beginning to put into the space, the kind of language that they then get to absorb.

19:55:38 And so it ripples out in that way. But we can't just make it up from nowhere. That's why we. That's why we all I know we all do this every night three hours of listening to Marshall Rosenberg, over and over and over again on auto repeat just to absorb

19:55:52 all of that language, so that it can live inside of us. instead of what's actually out there all the time.

19:56:00 So thanks for that example Harry I love that. Yeah.

19:56:04 And I just realized and listening to you tonight that I had an assumption that there's an entitled, yes, and an entitled, know that if you have more resources than someone you're with you are expected to give and say yes, and if you know like there's

19:56:24 a comparison level if you if somebody is asking you for your time and you have time you give it period, unless you're nasty.

19:56:39 If you have the resource and you don't share you're a nasty, nasty person.

19:56:39 Yeah, so not true, sometimes Yes, yes, exactly, exactly toss number one is, be willing to be a nasty person

19:56:49 really be willing to be a nasty person the moment we dropped that judgment having control over us. We stopped being reactive to it and we start getting grounded in what we're actually meeting in that moment.

19:57:00 And that's really where wisdom is going to come from, you know, when we drove when we drove into boulder today. What we drove into boulder last night but we woke up in Boulder, this morning.

19:57:11 One of the first things that my daughter said to me, we were driving her first observation about boulder was the amount of homeless people.

19:57:22 She was like, Mom.

19:57:24 There is a lot more homeless people here than in Minneapolis.

19:57:28 Right.

19:57:29 And that let's, and then as we were walking around town today and as we were, you know, doing all the different things visiting colleges and and there was a lot of solicitation.

19:57:39 And we ended up having a conversation around how do you know when to say yes and when to say no.

19:57:46 And how do you know when it's rude and bad and you're a nasty person for saying no. And do you have guilt around saying no. What do you feel entitled or do you do you distance by making judgments and creating stories, how are you going to hold this social

19:58:01 problem when it's really, if any of us in our face all day today, right in a way that really we don't interact with in the same way she and I don't interact in the same way in Minneapolis, as we were here today.

19:58:14 But the idea that if I'm giving. So that I'm not a nasty person.

19:58:19 It's not wise giving.

19:58:22 But if I'm giving because I'm attuned to the moment and the need, and I have live compassion, either emerging or not, emerging.

19:58:31 I have a wiser field of reference, about when to say yes How to say yes when to say no.

19:58:39 And it's never perfect it's not a perfect science.

19:58:42 I'm not saying that we sort of have a magical knowing, like I don't I don't know what I'm trying to suggest I'm just saying that there is power in being really connected to your intention ality, and sometimes our intentionality with an entitled yes or

19:58:56 entitled no I love the way you bring this in is more out of protecting my ego so that I can think of myself as a good person.

19:59:04 Then out of a genuine sense of service contribution care compassion, and these are just some of the things that I think we get to be nuanced about as we play with these ideas, not that they're the right way to do it at all.

19:59:17 Thank you for bringing that up and I love that.

19:59:20 Yeah, it is.

19:59:26 Seven o'clock to eight o'clock normally back home. And whatever time it is where you are. Is there anything remaining that anybody would like to say or share, just in closing this evening before we sign up, sign off.

19:59:39 But today, Daisy.

19:59:45 I find that one of the nice things about healthy boundaries as.

19:59:50 When I was listening to you teach tonight I was thinking that

not only do we get to name the needs that are coming up for us and create boundaries, but when others, name the names that are coming up for them and create boundaries, we will get our like

20:00:13 for at least for me like I won't get my feelings hurt that much. Before I take offense of people were unavailable now I don't have to. Yeah, yeah. They just have lots of tragic ways of asking for their needs to get mad and if we can start listening for

20:00:18 the needs, they're trying to get met.

20:00:21 We can hold that with care even if we don't want to be the strategy to meet the need in that moment in that time in that way.

20:00:27 And that does not make us nasty people unless we have very rigid boundaries and we're just throwing everybody away and we're, you know like, it all depends.