

12:29:42 skit that old my way down the mountain, it's a Grand Junction to try and find a place where the internet will be better for this call so hopefully this is going to work.

12:29:51 But, what that means is, I haven't had breakfast yet and Jesse just went into the Starbucks to give me some coffee and some food, which is going to bring out.

12:30:00 And then she's going to go and sit over there and read her book and I'm going to sit here in my call with you and do our call so that's that's a little bit about my world, in this moment who would like to tell me a little bit about their world I would

12:30:15 love to hear from anybody who feels like saying hi hi M is so great to see you. But I have to say your voice, got right through to me on the call on the last one.

12:30:28 I'm still kind of taking something in you know when you don't get something basic like our breathing in and breathing out. Being on target being off target being with yourself being looped out.

12:30:43 I just never occurred to me that that's part of being human. Thank you. You're welcome, you're welcome. I hope that really settles into your system in a way that can resource you instead of continuing to create judgment and anxiety about it so yay, yay,

12:31:00 so much of our journey is about making peace with being a normal human being.

12:31:07 Right, it's just about making peace with being a normal human, especially when we've been sort of trained out of that so intensely. How is the background noise right now it sounds loud to me sitting here How is it feeling for you It feels Okay, it's fine.

12:31:23 Okay, okay. Once I get my breakfast I will close my window.

12:31:28 So, then it'll be less distracting from the I'm imagining but well welcome, it is week one week one phone number to have loving boundaries and how many people who are here right now we're on the Monday night call.

12:31:45 One, two of us. I think days he was there. Maybe, maybe not. I sometimes forget yes Daisy was there.

12:31:55 Okay so, and I think my leave was there and Jennifer yes yes yes that's right. Okay, good. So that seems like half of us will on the call on Monday night and half why not.

12:32:07 Okay.

12:32:11 The reason I asked is because I was trying to decide whether I should do a review of concepts or not. So let's do this.

12:32:28 Yes, Tessa does is like yes review of concepts and a question, and a question Okay, good, good, good, good. Let's talk about you you begin.

12:32:31 I really enjoyed watching replays of your various conversations and membership calls, while I wash the dishes usually, um, and I tried the Monday night call on boundaries.

12:32:46 I don't know last night I guess.

12:32:49 And I just went on till like immediately, do I have loose boundaries or type boundaries, I have no clue. I just, I'm like completely upside down on this one.

12:32:59 So, oh, well let me help you. let me help you have you have

both.

12:33:04 You will have some areas in your life where your boundaries are loose.

12:33:09 You will have some areas in your life where your boundaries are more rigid.

12:33:16 Absolutely. One moment here comes my food. Hello.

12:33:18 know the food is coming. Okay.

12:33:22 I'm sorry.

12:33:22 Food is very important to me in this moment, you will have some parts of your life where you have loose boundaries, where you are going to sort of privilege with somebody else's and override yourself.

12:33:31 And then you're going to have other areas where you correct the other way and you keep other people out more than you might want and stay more sort of self focused.

12:33:42 So, first of all, all of us have rigid loose and healthy boundaries, what some of us will realize is that we may have a tendency, a preference to de prioritized self and give other people what they want.

12:33:56 As a general move. And some of us will have a more general move of keep others out, get what I need and then maybe let others in later. Here's my food.

12:34:09 Thank you. Thank you. Thank you. Thank you, sweetie pie. All right, now I'm going to close my window. So we have a little more privacy in here and a little less noise.

12:34:18 And there we go. Okay.

12:34:21 So, when I go through those things because I Monday night and for those of you who weren't that you always have access to the recording so please feel free to just watch the recording for the Monday night piece but we'll do a review of concept sort of

12:34:32 indirectly anyway. It's not that important to put yourself in one category or another. It's more of a self assessment tool. Do any of these jumped out at you at this point in your journey where you are right now and if so that might give you a clue on

12:34:48 where and how you want to work with boundaries. But if nothing is jumping out at you. There is no need to artificially try to categorize yourself in anything.

12:34:57 How's that landing Tessa.

12:34:58 Yeah, thank you that's helpful. Okay, my seatbelt fastened. Okay, good.

12:35:05 Sounds good.

12:35:07 Anybody else have a general question or comment at this point on, on anything really before I said more direction.

12:35:22 Okay, good.

12:35:24 You know there is something this morning for those of you who weren't on the morning call, which is most of you. The, I was in a hotel where the internet service was really terrible and the hotspot in on my phone wasn't working.

12:35:35 So we did the call from my phone and audio only and I didn't have access to anybody's faces and in this moment as I'm sitting here I drove down to a different city and I'm not sitting by a Starbucks

and now I feel like I can see everyone and it makes

12:35:49 such a big difference for me to be able to get a sense of who is in the room and how people are doing like I can just feel my own system that manages that really differently and is a little more settled.

12:36:02 So, here's what I would like you to do, as we're going to get started I'm going to put you into some breakout sessions into some breakout rooms, and I would like you to review if you will here Monday night it's review, And it's installing of information

12:36:19 if you were not here on Monday night, it's to activate your background knowledge. Okay.

12:36:23 What is the purpose of a boundary, tell a story about a time when you might say yes when you mean No.

12:36:30 Oh, I'm going to mix it up a little bit today. When you said no, and you wish it said yes okay because boundaries are really about working with the yeses and the nose and how attuned we are to the yeses in the nose that we are actually using.

12:36:45 So I'm going to put you into small groups, what is the purpose of a boundary, tell a story about a time when you either said yes when you wish you had said no or you said no when you wish you had said yes.

12:36:55 Think a little bit about what questions you have because here's the thing. In the membership. My intention is to really my assumption is that you know most of the content.

12:37:05 I'll review as we need.

12:37:07 And that really what we're doing here is working at the edges of your growth. So, for me to really meet you at the edge of your growth, it helps me when I know what your question is, where is boundary setting challenging.

12:37:19 What is making a challenging, where would you like more insight and road mapping. What is it about boundary setting that is either confusing or difficult for you.

12:37:30 So when you come back from your small groups if you have some specific questions that will help me meet you at the stretch zone of your own learning. If you don't have questions, I can talk about boundaries abstractly no problem.

12:37:44 It just might not be as aligned, as you might enjoy. So that's what I want to say about that so let me open up my breakout sessions where our breakout rooms breakout rooms, and you will be three people plus or minus one, which means that we The intention

12:38:00 is to get you into groups of three sometimes you're too sometimes you're four depending upon how things work out.

12:38:06 I'm going to give you 12 minutes with a two minute countdown.

12:38:11 I'm also going to make sure right now. One person is in a room with two people who are just listening so let me just move you proactively.

12:38:21 I'm going to move.

12:38:23 Let me see.

12:38:25 Move you so there's at least two people in that room that room has three that room has three that room has three that room has

to

12:38:40 should work out. Okay, so I'm gonna put you into breakout sessions, please introduce yourself to one another.

12:38:49 And there are people here who are fairly new to the membership So please welcome them if you have been here for a while and introduce yourself. if you are here on a monthly basis.

12:39:00 You will have 12 minutes you're talking about.

12:39:04 What is the purpose of a boundary.

12:39:06 Tell about a time when you said yes but meant no said no but meant yes either one it doesn't have to be both.

12:39:12 And then see if you can surface, what's your growth edge when it comes to boundaries What questions do you want us to dive into around boundary setting.

12:52:04 Did you do the I press the wrong button thing.

12:52:07 Okay, welcome back.

12:52:10 Did I did it was a good conversation too I'm ticked. Oh well, I you know I wish there was a way that once people came back here that I could put them back in the room and they're just.

12:52:24 I should probably right to zoom and be like, here's a feature we'd love you to add I wonder if you know I want if enough people asked for it that they will do it.

12:52:32 Zoom is doing some strange things like on this call, you're back in the teacher position on my screen. The first one last call, I was able to take my cursor and move you around the, the grid of people.

12:52:48 It's weird, but you can't do that on this call.

12:52:51 Oh yes I can. Oh my goodness. I've never tried that before.

12:52:56 There we go.

12:52:59 There we go.

12:53:01 All right, people will be back in 30 seconds and then we'll dive on your way I love that Two Minute Warning when I hit the right button, it's great. Yes, it's good to have a little bit of a winding down time.

12:53:14 Yeah I know it's, otherwise it can be very abrupt, so. Yeah.

12:53:19 All right, well, people will be here in like 10 seconds. So, for those of you who are on the here right now, what are your questions put them in the chat please please please please.

12:53:30 Where would you like to dive in today on boundaries so welcome back, everyone.

12:53:37 Welcome. Welcome.

12:53:39 Welcome back. It's nice to see you all here. Yay.

12:53:44 Um, let's see.

12:53:47 I hope we didn't lose anybody along the way.

12:53:52 Um. Alright. Well, I'm glad you're here. So, we are now going to dive into your questions on boundaries.

12:54:06 Daisy I need a very specific in your world, where is something that you are coping with not just a general I love your quote I love that topic. And I'm glad you enjoyed hearing me talk about teenagers are the on today.

12:54:22 that let's try and come up with something as specific as

possible it's easier for me to get an entry when it's something that somebody is struggling with in their lives right now and if I don't get more of those I will definitely come back to your question, 12:54:33 and speak broadly.

12:54:54 You want to chat, or do you want me to say it in the chat would be. Now that you're saying it say it but generally speaking, put it in the chat because then it's easier for me to track but tell me in the chat I'll put a little blurb in, from now on.

12:54:48 Okay, um, I have a son who's 13 he's a preteen, and you guys know my situation so I'm actually, I'm not supposed to have contact with me and my kids but my 13 year old calls me.

12:55:02 And I'm wondering like what tools, I can help give him. He's being raised by my mom who is doing all the stuff that she did when she reads to me.

12:55:13 So just like how and also what I. This is what I wanted to touch on but I'll just say it like how does he do it at home and at school. So when you said the part this morning how teenagers have a lot of like snarky sarcasm.

12:55:27 There's name calling. How can I empower my son to create boundaries around that if either his grandmother, his brother or other kids are name calling shaming using sarcasm a specific example is like, he got pushed.

12:55:48 And then, like, What can he say like I'm not available for that, or no.

12:55:54 Okay.

12:55:55 All right, one, just so everybody is caught up with in the morning call, there was a question on parenting with a teenager.

12:56:05 And just to be clear, I made a comment that, in my experience, a lot of teenage culture, a lot of the culture that kids are facing and fielding in high school, tends to have a mean competitive snarky vibe.

12:56:23 I didn't say all teenagers are meeting and snarky. I just want to be clear.

12:56:28 I don't see that I don't think that's true I think most teenagers are actually very sensitive and open hearted, and they find being in most high schools exceedingly painful.

12:56:38 And that's what I want to just acknowledge and then So your question,

12:56:46 though.

12:56:47 I want to name a few contextual factors in your situation that are important that make my answer to you different than I might say for some other people, and here are the contextual factors.

12:56:57 You're not their primary caregiver in this moment, you don't see them on a daily basis. You get limited episodic periodic contact with them now in that, am I, is that correct.

12:57:11 With my 13 year old only, yes. Okay, so with your 13 year old my 13 year old I speak to him really regularly on the phone, but I don't see him in person at all.

12:57:21 Okay.

12:57:23 He calls me, he's not supposed to he calls me and secret.

12:57:26 Okay.

12:57:36 So the only reason that I want to name that piece is because I think with your situation in particular I want to redirect you back to with the limited time you have with your kiddos.

12:57:42 It sounds like you've been good at this somebody wants to call you in secret. So this is a sign that you're doing this really well and I want to just highlight your approach so far with your kids has been to connect with them to be a safe space for them

12:57:58 to have a good relational experience with you.

12:58:02 And that's working.

12:58:05 And I hesitate to give you any kind of like advice on how to start teaching them things.

12:58:13 Because I don't know enough about the conditions about whether that shift would be helpful and if your son says, I was pushed this is what's happening is sharing with you the experiences that he is having.

12:58:29 I would likely stay with what's working well, which is empathy.

12:58:35 That sounds really hard. What did you do, what was that like for you.

12:58:40 What do you wish you had done.

12:58:42 Is there a way I can support you. Who did you tell about this. You know, you get to be protected right who could help keep you protected.

12:58:51 Like, I probably would take more of that approach in the situation how's that landing on your Daisy.

12:58:58 Yeah, that's, that's what I was doing these calls have a lot so I was doing a lot of like joining him, reflecting back, helping him acknowledgement he was feeling.

12:59:10 And then what I said at the end was. And this, I heard you say this like Dylan you get to decide what you are in are not available for, and you do not have to be available for name calling and if you know if you do it back your part of that cycle, but

12:59:24 if you stay right then in there and you can yell it I am not available for this. I'm gonna go take a five minute break or I'm going to do this you can just walk away You don't have to be available and he's.

12:59:40 I try not to give too much advice, cuz, cuz I can feel the energy. He likes like little nuggets and then he turns off so I I try to stay away from the essence yeah so what you're saying sounds like like you're in the room with us but you're not, but you

12:59:54 know what's going on.

12:59:57 And it sounds like what you're currently doing is effective.

13:00:01 Yeah, it's hard because I want to do more but yeah yes yes there is a longing to like do even more than what we're already doing. Can you settle into the good foundation the like effective foundation that you have been building and just trust that I've

13:00:18 done some work around that and I actually feel really excited and happy because I feel like my son is, I just think it's really cool that I get to be kind of like a coach or a mentor for him while he's

going through a lot of the difficult things I did,
13:00:34 and I didn't have anyone to empower me and give me this tools
so I really like it. Right, um, I feel good about it I feel like also
these challenges and extra push and whatever.

13:00:46 I heard you say also our heart is a muscle. So he's just
exercising as long as I can get him to learn how to heal those wounds
and not just push them down so they faster than her scar tissue in his
heart will be strong and healthy just fine.

13:01:00 So I feel okay and you guys know my kids have been through a
lot dancing around foster homes and stuff and because of how I've been
able to just work with my 13 year old and be with him and give empathy
for him.

13:01:16 I feel like he's going to he's going to be okay, so I don't
know about the other two right now I'm sure they'll be fine too.

13:01:26 Thanks.

13:01:26 All right, I'm going to start moving through your questions
and I know that this is a teaching week so I will do as much teaching
as possible in my approach.

13:01:34 Next week is more demo and scripting, so next week I'm going
to ask you to bring in micro moments and we'll do a lot of role
playing next week okay, this is going to feel a little bit like role
playing but I'm going to put the emphasis on having a more

13:01:46 teaching approach so I want to just be transparent with you
about why I'm doing things a certain way today.

13:01:51 So, and is asking how can boundaries be relational if you're
not sure where your boundaries are, and just say a yes or no and and
see how it feels. Can you just admit that to people.

13:02:01 I highly recommend that that is exactly what I recommend. I
recommend saying things like, I have no idea how I feel about that
right now I'm happy to say yes for now but in the next day or two I
might change my mind.

13:02:16 Right, or I think I'm going to lean towards a no but I give
me a 10 It's a tentative know let me give it some thought over the
next few days and I'll get back to you if it changes.

13:02:27 These kinds of sentences are really important for normalizing
the fact that we are works in progress, and that we want to be
responsive to data as we get it and that things can change and that
doesn't have to be scary or bad or mean that anything was

13:02:43 wrong. It's like, you know, I feel like my day is about a lot
of like status updates and as I get another status update like we do
on social media Oh, now it's this oh now it's this.

13:02:54 Oh, now it's this. So my intention is to be as present and
transparent and real with you about where I'm at in the now, and I'm
not going to do the old domination programming thing of, I say
something once in one moment of time and now I am held to this

13:03:10 for the rest of my life. And there will be no more growth and
learning and they will only be predictability.

13:03:16 Okay. So, how's that landing and as a start.

13:03:21 Yes You nailed it. Thank you. Okay, great. Anyone else have
any questions or comments on this piece.

13:03:30 Yes Tessa.

13:03:34 Well, I just had a momentary glitch of falling out of the group and going wandering on the internet and finding my way back, back.

13:03:44 Yeah, well, my question may be too general for you and so just told me so and just go with the flow here, but I'm just wondering if boundaries are kind of more of a generational thing, like, nobody was talking about boundaries when I was growing up in

13:04:00 in my chat group, there was one example of a person of more, but younger than me but similar generation, talking about a grown. Pretty grown up child's reaction to being touched mom is just trying to share some love with a little back massage and daughter

13:04:24 was like it out of my space this year. You have no boundaries.

13:04:30 And, um, I have friends, I told a good friend. This morning I was going to do a course on boundaries and she was all like boundaries suck boundaries.

13:04:38 Boundaries just destroy lives because people just own that their parents because they say their parents are, you know, trespassing on their boundaries so, Um, let's talk about that.

13:04:51 Let's talk about that.

13:04:53 To the degree that the human race. Ideally I hope, fingers crossed is evolving and changing and growing up, and learning, and therefore things that we were desensitized to an unaware of before have come into our consciousness and now that we know better

13:05:13 we can do better, to that degree, yes generational to another degree in the same way that I would say cancer treatment is generational or our ability to, you know, and even that's an early stages right our ability to sort of name and treat human suffering

13:05:29 and sort of.

13:05:31 We're learning.

13:05:33 We know things now that we didn't know hundred years ago, and hundred years ago we were able to do things that we couldn't do before and as we get more aware, and more information and more learning and why understanding the frame through which we see

13:05:49 ourselves and others shifts. So yes, absolutely.

13:05:54 However, the fear based judgmental critical, who's good and who's bad response. As far as I can tell, as I read through history and literature that seems to be pretty consistent and that piece doesn't seem to have changed so much.

13:06:08 Okay, I think maybe we're able to name it differently and so here's what I'm hearing is getting coupled with boundaries and mixed up.

13:06:20 So on Monday night we talked about rigid boundaries, Richard boundaries, or when we cut people out.

13:06:26 It's a cut off.

13:06:28 Okay, and that's painful.

13:06:30 So, we're not talking about like if we're thinking about what does it mean to have healthy boundaries, that's reorient to what works well for a human.

13:06:42 You need to know where you begin and end.

13:06:44 And you have a right remember associates taken your small groups about what is a boundary boundary is the space the mental, emotional, psychological spiritual physical, sexual space of your being, where you get to make a decision about how close these

13:07:02 people can come in and how far you want people out. Instead of a circle around you and it's permeable a healthy boundary is pretty permeable.

13:07:11 And it's organic and it's flexible and it changes as the conditions change.

13:07:22 That's it.

13:07:24 Just like a cell is permeable, and it takes in nutrients and it keeps all toxins.

13:07:45 We have many different areas in which we are letting things in and keeping things out. That is what I think of as a basic human right, and also a basic human responsibility.

13:07:51 Because there are so many individual differences out there that my thresholds and my preferences, about what works for my system are not going to be the same for every other human on this planet.

13:08:09 Very simple, a very simple example is how loudly, a radio or a music is playing.

13:08:17 Think about if you get 100 people in the room. There is not one volume that is going to work for everybody. Some people want the volume higher, some people need the volume lower, we take in sensory input, with a lot of individual differences.

13:08:34 And so there is no one behavior or one set of conditions that represent optimal boundaries for all people, the only person who knows what your thresholds are is you.

13:08:50 And as you get to know your thresholds.

13:08:54 There is, if you want to really be relational, which we do on this call.

13:08:59 It is, it is your responsibility to get aware of your speak us, it is our responsibility to get hold of our to get aware of our thresholds, and to communicate those thresholds in time direct and clear ways to the people around us.

13:09:18 So, this is point number one, because I hear people who say, and I think that was a question like, I don't want to have to tell people where my boundary is why don't they just know they should know where my boundary is.

13:09:32 Now, if you've told them, and they still don't know, then anger is what wisdom, because then we're in stage two but stage one. I've never told them, then that's the first step, and somebody keeps doing something please stop playing the radio that loudly.

13:09:48 For my ears, it hurts. This is how my system is wired It sounds like you needed that we have a dilemma you have a different preference I have a different preference that we can hold the difference relationship with kindness, with curiosity, with what

13:10:02 works for you what works for me and how are we going to manage this. It's very simple. It's not a cut off. It's not making anybody wrong. It's not vilifying it anyone.

13:10:12 Okay, so that's the attitude, with which we want to work with boundaries is shared reality curiosity mutuality, where they get toxic, where it becomes troublesome for people, is when I think well obviously everybody should have the boundaries i have i

13:10:27 mean because I have these thresholds, how they must intentionally be trying to hurt me they must intentionally be trying to invade me they must intentionally.

13:10:38 You know, and so we start creating enemy images and then we don't know how to have a relational self advocating while still letting somebody else in kind of conversation that's what we're developing here.

13:10:49 We're looking at how we would trained and domination systems to override ourselves and let in more than we want, or to get very defensive and keep out more than we actually want in terms of what our needs are doing.

13:11:03 and so we're recalibrating, so that's one piece.

13:11:08 It is cultural change, and there is a good part and there's an upside and the downside to the cultural change of.

13:11:17 If I can I want my child to let me know her boundaries. I also want her to do it in a way that is kind and respectful of me.

13:11:26 And that's serves connection.

13:11:28 And that doesn't make me bad and wrong.

13:11:31 And the only way that we get there is when we make a commitment to having a learning and growth mindset for ourselves and others, as opposed to seeing every interaction through the lens of goodness badness rightness or wrongness.

13:11:51 There is domination thinking and domination consciousness. That makes our experience of the application of boundaries in a domination model painful.

13:12:03 And that's separate from loving boundaries, which we're talking about in October and for those of you when the boundaries course is up and running again I recommend you take the boundaries close because it is a richness of content on this, but in loving

13:12:20 boundaries. I know where I am, I can locate myself in space and time.

13:12:26 I can communicate with you what my feelings and needs are what my preferences are what my limits all of my capacities aren't aren't what my yeses and noes aren't aren't.

13:12:36 And then I watch what you do with that information, you're going to honor it, you're going to invade anyway, you're going to try and talk me out of it.

13:12:44 You're going to go into shame and disconnect and think you're a terrible person, you're going to think I'm shaming and criticize like I watch for what is the response and the other person.

13:12:52 And then I find ways to work with them relational if that is available.

13:12:58 And if the other person is in a place where they are unwilling to give me the thing that I'm needing, and they're going to insist on overriding invading continuing whatever it is that they're needing, then I get grounded in myself and I decide what I'm

13:13:15 going to do about that.

13:13:18 But I don't try to change them.

13:13:22 I look at the conditions, and I decide what I'm going to do for me.

13:13:26 I give them an opportunity to step up in a way that I would like.

13:13:30 I made that opportunity available for as long as I'm invested in making it available and if it's not going to change.

13:13:37 I look at that clearly, and I stay in my own choice fullness, about whether I'm choosing to continue to engage in a harmful interaction, and if so, why.

13:13:48 And then I honor what that is, or I choose to distance myself.

13:13:54 But the way in which I do that from a non violent lens is without creating enemy images of myself or the other person.

13:14:03 It becomes a neutral engineering problem.

13:14:06 And part of disengaging is sometimes the most respectful thing I can do for you. If you are so angry that the only way that you can speak to me like you are so dis regulated that you need to swear obscenities at me and come at me with your first, because

13:14:20 that's where you're at.

13:14:23 I can see that you're having a trauma response I can see that you're hijacked by your anger, I can have compassion for what's happening for you, but I can also make a decision to in that case, speak to you through phone because that goes to bat for my

13:14:36 own safety.

13:14:37 So if you're unable to regulate in a way that keeps me safe, it is still my responsibility to keep me safe, without making without villainize and you, that's a start, how is that landing.

13:14:51 Yeah. Okay, good, good Carolyn does that get at what you're asking as well.

13:14:58 Okay, yeah, I can look.

13:15:02 Yeah, it does it's getting added I added a couple more questions, comments, but yeah, so, so if I'm feeling that I, there's actually violation happening I react so strongly is protective use of force as protecting myself against that sense of violence

13:15:23 that's that's permissible is that a type of rigid boundary and is that no different, different.

13:15:31 Some.

13:15:34 Let's drop the idea of rigid in this boundaries for a moment. Let's see if we can, like, drop that idea completely for a moment, okay because I can see what this is getting in the way.

13:15:44 So to the degree that it's getting in the way we just get rid of it because we don't want things to get in the way. Let's try it.

13:15:51 Give me a specific on the ground example of what you think is violating your personal don't know, it wouldn't be so offensive I don't even want to say it in the group I'll feel embarrassed afterwards, that's fine but you know it's just like, I don't even

13:16:07 know how to characterize it it's, you know, I'm reading your comment and I'm wondering about things like please don't speak to me

in that way.

13:16:19 And it's generally not him addressing me specifically it's generally, I'm in the vicinity or part of a conversation, and then he'll throw one of those things in there and I have to make a decision right then in there, whether to speak up or just because

13:16:36 he's, you know, probably never going to change. Okay, so a couple of thoughts I don't know enough about the relationship but if we're just talking about like boundary setting in these situations.

13:16:47 Yeah, and number one thing is to pull that person aside, individually, the best way to deal with this is not in that moment in a public space because they will experience it as shaming.

13:16:59 So, if it's a relationship I'm invested in I pull posts and I say hey, not in that moment but at another moment.

13:17:06 I want to talk to you about something that happens in this moment in this room. I was sitting here you made this comment in that moment that you made that comment.

13:17:17 Describe what happened in you.

13:17:18 I had all of this rage and fear and anger coming up.

13:17:23 And what I've realized is that I find it hurtful and offense, I wouldn't use the word offensive.

13:17:31 I feel vulnerable. I feel hurt. I feel angry, it brings up a lot for me when I am around this kind of language.

13:17:42 Can you give me a little bit more insight into what is working for you around doing that, what, what are you trying to accomplish when you're doing that I want to try and understand where you're coming from.

13:17:55 I want to know what's happening is this like just unconsciously it just feels normal and you've ever thought about it, is it that you're provoking love.

13:18:04 Are you trying to connect with people and I mean asked genuinely, what is in this for you. Where did you learn to do this what, because I'll tell you something for most people, these are these are strategy tragic, tragic but these are often strategies

13:18:19 for belonging.

13:18:21 And these are strategies for connection.

13:18:25 And I would let them tell me about that like genuinely say like, well, I'm just trying to be funny I mean it's just you know like they're going to give you some reason.

13:18:33 Then you get to say thank you for letting me know that it's really helpful for me to see that you're, you're really wanting connection and belonging, I don't want to take that away from you, I want you to have that in that moment.

13:18:44 Show them how it gives you. It's the complete opposite of what their need is the effect of that which I think you're probably not intending and not even aware is happening is that I want to get as far away from you as possible I just want to and it's

13:19:02 not even you I want to be here with you but I want to be as far away as possible from that, whatever it is. And I think it's actually not meeting your needs for connection or belonging with me.

13:19:12 Is that important to you or not.

13:19:18 Is that important to you or not, because if it's important to you to be able to say these things and connect with the other 10 people in the room because it works with them.

13:19:26 And my having an issue with it is not so important to you. Then I'm going to need to leave when you do that, and I just want to have some understanding between us about what that's about.

13:19:35 And I also would like to be in relationship with you, I'd like to be a part of that that this thing is so disturbing to my system, and you know if they want to understand why you can always talk I mean like, It always depends on the person and what conversation

13:19:50 they're available on on some people don't want to know some people like what's going on, I might talk about oppression I might talk about sexism I might talk about the objectification of women, but I'm going to talk about it from a very personal story,

13:20:00 not from an ideological point of view, from a very like how it has impacted me in my life and how this is a form of self care for me now and what form of honoring me and I'd love it if you want to join me in that in your awareness and your language and

13:20:13 and I don't want to impose anything on you if you don't want to do it, it's fine. But I also need you to know if that's going to continue. I'm not going to be, I'm not going to choose to continue being around you.

13:20:22 And that's going to feel like a loss to me and it may or may not to you, but I do want to give you an opportunity to get aware of those to care about this to think about this.

13:20:31 If it matters.

13:20:33 If it matters to you if it doesn't matter to you It's okay, but it really deeply to me, which is one.

13:20:42 Thank you. I am very well may I feel much better prepared a very well may have an opportunity for pieces of what you're saying this very weekend so thank you that's very helpful.

13:20:53 Thank you. Thank you. You're welcome, you're welcome, you're welcome. I see two hands up as Kathy a minute, hold for a moment unless either of you are responding directly to the thing that I'm okay so then before I moved to you.

13:21:06 Is there anybody who wants to talk or say anything about what I just did with Carolyn, any comments or questions about that piece. I want to finish this piece before we change the subject.

13:21:23 Okay. Looks like we're complete they're all right I don't know whose hand was up first I'm guessing it was, whose hand was up first. Does anyone know.

13:21:36 Does it matter, we'll go to Kathy, yes.

13:21:35 And then kitchen. Great.

13:21:41 Si

13:21:44 on the call this morning, a woman came with a particular question, and what you pointed out, was that underneath her question, she had a basic assumption that she shouldn't be feeling or have this experience happening to her.

13:22:04 And as I listened to the talks about boundaries. I think

there are assumptions and beliefs I have that I come to my questions with that I'm aware of.

13:22:21 And if you can think of those, I'd appreciate you pointing them out.

13:22:30 The one that comes to mind is related to the question of the person who asked about the situation where you think people should just know, this is offensive or this is out of bounds.

13:22:47 And that brought to me the assumption. Oh, you think I should be able to read your mind.

13:22:56 And I'm thinking, so when I come to setting boundaries or working with someone wanting to set boundaries. I have already got that in my mind. Oh, I'm supposed to be able to read your mind and you're supposed to be able to read mine.

13:23:09 And I'm thinking, there must be more thinking that I have beliefs and assumptions that model, the picture, like I should be able to read your mind. So, number one, number one, that might interrupt you for a second I want to reframe the crazy thinking.

13:23:28 Instead of thinking of it as crazy thinking. This is my crazy thinking I can't believe I think that's crazy shit. I want everyone on here when you identify your quote unquote crazy thinking, I want you to replace that with my wish.

13:23:45 My, my beautiful wish, I wish everybody could read my mind.

13:23:51 I wish your that.

13:23:55 but

13:23:58 it's not crazy thinking it's a loving my life, life would be so easy and harmonious if people could read my mind. It's a wish that I hold.

13:24:08 And when I hold it as a wish, instead of as crazy thinking.

13:24:14 I can also then begin thinking about like how might I make my wishes come true is that possible if I want them to read my mind let me tell them what is in my mind.

13:24:22 And once they know what is in my mind.

13:24:25 They will be better equipped to read my mind.

13:24:29 That makes sense. I just want to hold it with a little bit more places playfulness I think because I don't think we're crazy.

13:24:40 Well I guess I'm gonna have to think about whether I would like to surf in my heart and afford that, to the people who said to me, what the hell were you thinking, why didn't you know, Let's just come up with a new response when somebody says to you,

13:24:54 what the hell were you thinking why didn't you know, then all we say is Oh that's a really good question. Let me see if I can figure that out. I have no idea what the hell I was thinking.

13:25:05 Thank you for your question.

13:25:07 Take out their tone.

13:25:10 This is where I would actually do the reverse of one of the NBC practices where you're looking for tone when you're trying to impact the Connect, you're reading a poem you're reading their feelings and their needs, you're trying to read the tone and you're

13:25:22 trying to elicit the life affirming information when somebody is coming at you with with this.

13:25:28 One of the things you can sometimes do that can be relational I again these are all tools they can all be misapplied, but in a case like this I would bypass the tone.

13:25:38 And I would take the face value.

13:25:41 I would simply say, Oh, yeah, I don't know what I was thinking this is a good question.

13:25:46 Thank you for asking, Are you interested in hearing a real response to that.

13:25:52 Because it's a way of reclaiming your power when somebody is trying to one up you or scold you, or criticize you, it's a way of neutralizing that charge.

13:26:05 Does that make sense.

13:26:06 It does, it's just the people I know, would probably take that as a blow back at them, oh I don't care how they're going to take it I don't care how they're going to take it I want to ask you first, what would it feel like for you to be able to say that

13:26:31 I would really have to steal myself.

13:26:35 It would feel too vulnerable to say that.

13:26:37 Oh God, it would it would be like, I would just put on all my armor and say that's a really good, and I would probably have to really work to keep the Snark out of it, to say that's a really good question.

13:26:51 Oh, wasn't I thinking, because I know they're trying to power over me.

13:26:55 Yes. okay so your task in these moments is not really a boundary setting tasks, it's more question of self connection and staying in touch with your choice fullness and power.

13:27:09 That's what you actually probably want to work on bringing online first.

13:27:13 Okay.

13:27:14 And there's probably a buildup of so much pain and history into that moment, that there's a lot of working through all of that with somebody else to clear out some of that pain and memory and past experience, so that you can show up more present and available

13:27:34 in those moments. Because what I'm hearing right now is, it's, it's too high stakes it's too high charged is too much history there's too much pain. There is no, there's not enough room for vulnerability yet because of what you're predicting you might be fielding and so

13:27:53 that would be, let's get you resourced first.

13:27:55 Because right now, the when you say I need to steal up and put all of those defenses on then I'm going to go back to last month's topic and say, you get to protect yourself you can use your defenses, but know that you're not available yet for relational

13:28:06 real relation ality because you're still working on reclaiming your power and keeping yourself safe. That's the stage or in.

13:28:13 And we don't bypass that

13:28:21 because I feel like enough for now Kathy Oh Is there a follow up question. I got that notes. Thanks. Okay, good, good, good.

13:28:30 Caitlin.

13:28:34 I'm okay.

13:28:36 I'm trying to form a specific question here and I think I actually asked one in the chat, but I was asking, How can I communicate with my family, that when my art comes over to our house on announced.

13:28:52 I feel to talk to, usually to talk to me about her problems. I feel disturbed, and I feel like I have no control over the house, who comes over.

13:29:04 I have a need to set a boundary yet, it also feels like trying to set a boundary with a specific gun I feel like I'm going against the grain of the whole family.

13:29:15 So, yeah, it also feels really vulnerable, that's that's under this when we begin setting healthy boundaries, it is moving against the status quo.

13:29:27 That is true.

13:29:30 When we speak non violently. It is an affront to the status quo.

13:29:35 When we speak about family secrets, we are disturbing the status quo.

13:29:41 The personal growth journey the empowerment journey the return to love journey the Heart Journey whatever journey, it is that you are on is countercultural.

13:29:52 It is inherently countercultural, the work you're doing is dismantling a domination system and trying to replace it with a relational system.

13:30:05 So, absolutely. We will feel vulnerable and absolutely we will feel the kind of forcefulness that we're trying to stand in opposition to or thought the best language but I don't have better language right now I'll come back to you which one day.

13:30:24 Okay, so first of all, that vulnerability is normal, and it is an invitation to courage.

13:30:31 Right.

13:30:32 And then each one of us gets to decide when and where and to what degree do I want to be courageous.

13:30:41 And we get wise, about which conversations we're going to take on when.

13:30:48 And I mentioned that because your domination System Programming will tell you, you have to be courageous, all the time in every conversation the moment someone says something every slur you hear every like it is so overwhelming the amount of things we

13:31:02 could be addressing that it becomes paralyzing.

13:31:05 So I want to remind you, you get to decide when and where and with which people you want to be courageous not we're going to assume you want to be courageous with your art Yes.

13:31:16 Yeah.

13:31:17 Knowing that backdrop that you're going to be scared that it's breaking a family role that you you know this is a new way of being. It sounds like the boundary.

13:31:27 What What is it, and skillfully What do you wish you could

say to her. If you knew that she was going to respond well what do you wish you could say to her.

13:31:33 I would say, I wish that you would contact me before coming over to ask if I am open to hear you talk.

13:31:44 I'd prefer you make a direct request of if what you're needing for me is empathy.

13:31:50 And I'd also like to you to consider that I'm stepping into the healing field in my career so please consider valuing me for my time and energy, meaning you might want her to pay you for it at some point.

13:32:05 Yeah, she's paid me to like mow her lawn and cleaner house in the past where that just ended up turning into a therapy session.

13:32:14 Okay. Okay.

13:32:17 Um, I guess I feel confused about that though because it's like, I don't know that I want to be the one for my family member to be a very wise you're very Yeah, the spoken and unspoken rule in the, in the mental health community we Yeah, we never take

13:32:32 on family members. Yeah, so you can release yourself from that you need to outsource it would just be like listen we're family We're family. I copy of therapists were family on your knees, like no way no way we can cross that boundary little bit confusing

13:32:45 for both of us. It's a dual relationship it gets super messy. Okay, so I love what you're wanting to say to her. Let me offer us some naturalized language that she might respond to differently.

13:32:57 And then you can just take the pieces that fit and align with where you're at and leave anything that doesn't fit okay so, but it sounds like.

13:33:06 This is a conversation that says, Dear God, I love you very much I care so much about your well being. I love our relationship.

13:33:15 There is a thing that happens between us. That isn't working so well for me, that I want you to know about because I bet we can find a way of doing this that's going to work better for both of us.

13:33:31 I would love it if before we have deep, meaningful conversations we scheduled time.

13:33:38 It's really stressful for me when it's impromptu, and I end up feeling really stuck in those moments, because I don't give myself permission to tell you know, because I love you and I want to be there for you.

13:33:51 And when you show up on my doorstep. It's really difficult for me to say this isn't a good time for me.

13:33:58 Yeah, that feels because I don't want I you know like I, I want to be there for you, but I'd like to be part of making agreements on when and how I'm there for you What's it like to hear me say that, how do you feel about that.

13:34:12 is that something you think you could do.

13:34:14 Right. I mean any version of that. And what do you imagine would be the most challenging thing she would say back to you in that moment

13:34:26 is imagine her getting getting angry and leaving.

13:34:30 Okay. And how would she do that like what would she say and

how would she leave. I mean she's actually has done this before, like the last time I ever talked to her.

13:34:39 She just said you know what, forget it, and stormed off.

13:34:44 Okay, so let's imagine she does that.

13:34:48 how are you now feeling.

13:34:50 I feel disturbed, and I almost, there's a part of me that wants to question.

13:34:58 Was that okay that I just set that boundary for myself Was I being completely rude and off face and I feel scared. Yes, beautiful who and that moment is being rude and off base.

13:35:14 She is, yes.

13:35:17 So, I want you to notice how somewhere in your childhood you learn to take on what somebody else is doing.

13:35:27 Yeah. Is that like the inner child of the psyche, or. Yep. So, one way of thinking about that as people have projected on to you what they are doing.

13:35:41 And as a child you weren't able to see through it so you took it on.

13:35:46 So now what will happen in you and this is really great like great material for you.

13:35:52 When somebody else does something rude.

13:35:55 You will tend to think, was I rude.

13:36:00 And to reclaim your inner self you get to say, wait a minute. I was being timed and direct and asking for what I want.

13:36:10 And actually, her behavior was rude and not in an enemy image way just any like give that give that back. The person who is behaving in a way that I would normally get accused of is not me.

13:36:24 And you can then start reassuring yourself.

13:36:27 There's nothing wrong with knowing what I want. there's nothing wrong with asking for what I want.

13:36:33 I lead with kindness with tenderness with care and my aunt had shamed stimulated and went into a fight response and then a flea response.

13:36:47 Bite by attacking you.

13:36:53 by disengaging.

13:36:51 That's where she's at. Yeah, that's what she's doing. I don't have to take it on, it doesn't have to be a report card on my goodness.

13:37:01 And I can with tenderness and compassion look at that and say, and this is why I find it really difficult to interact with her for long periods of time and this is why I need boundaries with her.

13:37:14 Because if I don't set boundaries. Then I'm making myself available for this much more than I really want in my life.

13:37:23 How much of this is fitting or not fitting for you.

13:37:25 Oh, it's definitely fitting, I mean I even see like, because I don't really know where is the whole oh she's needs to be paying me for this while she used to say like I need to pay you for your time.

13:37:39 So I can say, Well, it sounds like you could really use some professional support. I can help you find someone that you could pay for their time. Yeah.

13:37:48 You know you and I have had such lovely conversations, it seems like you're really ready to begin having these conversations with somebody who could really help you in a different way.

13:38:00 You don't have to be a family members therapist.

13:38:06 Listen, my mother is a therapist My sister is a therapist, my step father is a therapist.

13:38:12 One of the biggest things that I have learned in my own family system is that I, and I'm a little bit of a black sheep in my family as a result of this, I refuse to talk with anybody in my family system about anything therapy related.

13:38:29 I have and I have said very explicitly to my sister to my mother to my stepfather, you guys.

13:38:35 I would like you to be my parents, my sister and for me, that means, we go window shopping, we talk about tech talk videos, we talk about books that were reading, we go play together.

13:38:49 That's what I'm available for.

13:38:51 I am not available for long, deep, meaningful conversations with any of you about all the deep layers of my psyche.

13:39:02 I'm just not.

13:39:03 I have therapists for that. I do not want you to be my mom and my therapist, I do not want you to be my stepfather, and my social worker I do not want you to be my sister and my spiritual guide.

13:39:14 I don't want that I have those people in my life I don't want to mix that with family I want you to be consistent with my mom, I went to bake cookies with you, and I want to talk about interior decorating.

13:39:25 And I want to go for a walk through the woods and talk about the meaning of, Bird sounds, that's what I want from this relationship.

13:39:33 Now, All three of them don't like this boundary, because they think it's boring and it's shallow and they want you know it doesn't express the fullness of who they are and that's okay.

13:39:42 That's okay, they can do that with one another.

13:39:46 And so you're going to find for yourself what you want from different people in your life.

13:39:52 you know, and you get to say that and that doesn't mean that other people have to like it.

13:39:57 And if they don't like it, it doesn't mean we don't care about the fact that we don't like it we care about them we care about that they would prefer something different.

13:40:05 And we can sit with the disappointment yeah I get it, you really would like to know more about all my inner child work, you would feel a lot more connected to me if I let you into that part of my life and it's disappointing to you that I don't want to

13:40:17 let you into that part of my life.

13:40:30 I get that, but I don't have to change my my boundaries

13:40:27 on that Sunday.

13:40:28 I feel relieved.

13:40:32 Lot of pressures, taking off me. Okay.

13:40:37 And what do you know what the pressure was that you were

putting on yourself or that you were trying to have on yourself that you're submitting everything for everyone or what what was the pressure.

13:40:46 Yeah, just

13:40:50 trying to help people in my family heal their, their wounds. Okay, so let's see if we could set a new intention, where I'm I care about the wounds that are in our family.

13:41:06 I care about the suffering that is in our family I have my own version of it I know all of us have our own path in this family system that we're working on.

13:41:17 And I wonder if there's a way that I can be loving and caring and available to a point.

13:41:23 And maybe, maybe there's some like moment in every conversation where I redirect and said this sounds like something to talk to a therapist about this sounds like some healing work that you might want to do with blah blah blah.

13:41:38 This is a little This is going beyond where I think I'm willing to be helpful.

13:41:45 At this point, where I don't know in this moment, you know what else to say and I'm like there could be a redirect that you could use redirect, yeah.

13:41:59 How's that, how's that landing and you.

13:42:02 Again, I just feel more relieved to have a map.

13:42:10 And I'm excited to try this, because I think it's not even just with my art, it's with a few.

13:42:20 Yeah, more than one family member.

13:42:23 So I'm thankful to feel aware of this.

13:42:28 I didn't I guess I wasn't aware that this was a boundary I need to set.

13:42:36 Oh, that actually brings me to a teaching point. Yeah, man I'm going to just springboard from there because you've reminded me of something else that might be helpful for us to have in the week one part of boundary setting.

13:42:44 I'm going to just springboard from there because you've reminded me of something else that might be helpful for us to have in the week one part of boundary setting. I find it very helpful to get rid of the word boundaries to be perfectly honest with you, and to not use the word boundary. And I replace it with the word limit.

13:42:54 This is a limitation that I'm finding inside of myself.

13:42:59 I've reached the limit of where I feel like I can be helpful here.

13:43:11 If I make it more about my limitations than about a wall that I'm trying to erect between myself and somebody else.

13:43:16 Right.

13:43:16 Like,

13:43:16 I'm trying to think of how in the situations, you know dear on I you know I love having conversations with you and what I'm finding is that when I'm sitting home alone.

13:43:28 I often have an agenda of all the things that I'm wanting to get done and I have a plan inside of myself. And when you show up

unexpectedly, there's this sort of jarring reorientation and inner conflict that happens in the, because a part of me really

13:43:42 wants to be there for you because they love you and I care about you. and another part of me is really wishing that I had had some heads up so that I could have planned my day differently.

13:43:53 It would really help me.

13:43:56 If you could give me an hour's notice or you could check in before you come, that would that would really help me with my ability to pivot or not pivot and have some conversations and maybe save you a journey that might end up being a waste of time.

13:44:12 And if she, you know, she doesn't want to do that then my next step would be okay great. Then, I may start doing something that is unusual for us, which is that if you show up at my doorstep unexpected because you were in the neighborhood you just want

13:44:24 to drive by and check.

13:44:26 I'd really like to practice saying no. When it's really not a good time for me. And I'm wondering how you would like me to say that to you in a way that won't feel like I'm rejecting you.

13:44:37 What would you like me to say when it's not a good time for me.

13:44:41 And then have her come up with the language that she can proactively agree to. She's not going to storm out and go into a shame attack, and then if she does, you have the insurance of night Oh, that's her limit, that's as much as she could, if she still

13:44:54 had the shame attack that's okay I know I haven't done anything wrong.

13:44:58 But if you can frame it up in your own needs and your limitations.

13:45:03 That is often a softer way for somebody to hear about it

13:45:09 with my family.

13:45:11 The limitation was this when we begin getting into all of the psychological material. I noticed that I begin losing myself, and I don't want to lose myself and what ends up happening for me is I don't know where I begin and end anymore.

13:45:26 And I don't know if I'm the authority on who I am or if you're the authority on who I am and it begins feeling really icky.

And that's just a limitation I bring you all may be able to have those internal boundaries in a way that really works for you.

13:45:38 I don't have those, and they end up feeling icky and I don't want to participate in that. Sorry. That's just a limitation of mine, some version of that you see how I sometimes hold that, yeah.

13:45:50 So do you have like a specific definition that you use for limitation. Yeah, like, it's the way I hold limitation is is a little bit around like I'm at the edge of what I'm willing to give or what I'm able to get.

13:46:05 I can only stay up for 22 hours and then that's pretty much my limit at that point I need to go to sleep, it's that it's held in that sense. You know I can go without food and water for about 24 hours and then that's kind of my limit if there's stuff

13:46:18 available I will make, I will give myself permission to eat

like, Where am I bumping up against my own willingness to participate, or my own capacity.

13:46:28 Another limit is if somebody is really yelling at me.

13:46:32 I have a longer capacity at this point in my life than ever before. I can stay present for a long time, when somebody is angry, but there's a limit, there's a point where I begin to not stay as present and I noticed I'm going to start fighting back and

13:46:48 I noticed that I'm going to stop being like, oh fuck you, you want to take me on I'm going to fucking win, and I can feel that part of me like kicking in and then I'm like, oh, I've reached my limit of my cup my compassion limit has been reached because

13:47:00 we're about to move into a new game, but if I say that about my limitation as opposed to you know you keep doing this to me.

13:47:09 That's victim consciousness, and that's giving away my power but if I say hey, I've reached the limit of what I'm available for, and I'm going to either need to disengage or I'm going to need you to find a new way of being with me which one.

13:47:21 And very often they're to hijacked and I then needs to disengage because that's my limit the help.

13:47:31 Great, great opening it up to the group.

13:47:34 How is the content landing what is helpful what isn't what questions are arising hearing some of the things that we've talked about today.

13:47:44 Anything that feels alive anybody Mary Beth yes yeah I just love the tweak of limitations versus boundaries.

13:47:51 I think that just helps me so much, because it helps me get out of the either blame or if someone is, I mean even if someone uses boundary harsh language towards me, I'm just like imagining like let's say I'm that and who doesn't realize that my behavior.

13:48:12 I think that's intimacy and my niece is so great and I just love talking to her blah blah blah. I'm not aware that she is having such as uncomfortable feelings.

13:48:24 If it's presented is like, you know, it just.

13:48:27 She can't take anymore. It's her limitation she can't go there, it's too much, then it's like, Oh wow, okay, it's about it just keeps those boundaries, in a sense, so much clearer for me because I can also be on the side of, you know, the younger person

13:48:44 who's used by the older people for hours worth of, you know, therapy and you know I'm thinking about my own mother, especially when it crosses into the territory of, you know, slamming my father.

13:48:56 It hurts me and the limitation idea is just, I think just so brilliant.

13:49:04 So thank you for that wonderful I'm glad that that feels resourcing yeah I'm glad that. Yeah, absolutely.

13:49:11 Yeah, thank you. Anything else especially from anybody hasn't had a chance to speak yet today.

13:49:25 Have I missed anything in the chat that anybody wants to highlight.

13:49:32 Yes, Mary Beth, go ahead.

13:49:35 Well, this is about things in the chat that relate to what

you were just talking about.

13:49:48 And I just things in the chat is I don't want to. Okay.

13:49:47 Well I had written Can you talk about feeling the disappointment when someone sets a boundary like that and you know like your daughter says, you know, don't touch my back or whatever don't give me a massage.

13:49:57 Don't touch me.

13:49:59 Yeah. Then, when I say thank you for letting me know that. Yeah. Are there other things that you want to talk to me about.

13:50:10 Is there more than that, that, you know, and then I'm depending upon the energy in that moment I might have more questions like I might have a little bit more of like, Is this about right now because how you're feeling in this moment is like prickly and

13:50:25 just needing a lot of space and ease or is this sort of a pervasive.

13:50:30 You know something that happens more frequently like I get curious around, and sometimes somebody that they don't touch me, and something they don't want to be touched by me it's just that in that moment, like I'm super angry and I need something different.

13:50:43 Yeah. Is it about that or is it about like, I need you out of my space is this is standing was telling me about something else that's going on so you know like.

13:50:52 Anyway, go on. What else if you want to ask a sample I guess when you said this, when you were doing the role play and suggested that you might save here.

13:51:02 Aren't you know maybe you should see a therapist about that. I found myself going. Whoo, I started like that I wouldn't say it like to say at night.

13:51:13 I said it the way I've heard it.

13:51:17 Anyway, which was

13:51:29 I'd rather you know this is this is making me uncomfortable and I don't know if I'm the right person to talk to about it, you know, level that I would say like this, I noticed I'm beginning to feel a little bit uncomfortable.

13:51:43 Mostly because I'm realizing, I'm not really sure how to be helpful.

13:51:47 And I really want you to get what you're needing, and I'm noticing this pressure that I'm putting up myself right now to somehow like try and be a therapist, and I don't think I've got it in me.

13:51:59 You know, and what would be helpful to hear from you right now, if I wanted to keep going like what is it that you're needing from me because I'm not really sure.

13:52:06 And then I might say, you know, have you thought about talking to somebody like who's trained in this who might help you see how that's really different than Oh, oh, maybe maybe you should see a therapist about that.

13:52:18 Yeah, I think that, no, no, but I mean that's the way people might say it. Yes, yes yes yes anger behind it. yes yes yes and irritation like patronized.

13:52:41 Talk to your therapist about this because you're really

crazy. Yeah, no. So, notice how you're tuning into how intentionality attitude tone of voice. All gets conveyed in these moments and it's not only in the words you're saying it's in what you're bringing
13:52:48 to that moment. And if you're wanting to be nonviolent and relational, you learn how to say what is true.

13:52:55 You don't have to say what is true and so you go a few layers down and you figure out like well I noticed I'm beginning to feel kind of angry and irritated right now and I want to start giving you advice.

13:53:04 Would that be helpful or not.

13:53:07 Right, would still be closer to the truth of what's happening. We're not trying to be something we're not we're trying to be what is in that moment in a kind, non pathology way.

13:53:21 Yeah. Just some principles panda Your hand is your hand up.

13:53:24 Yes.

13:53:26 Thanks, Mary Beth.

13:53:27 Oh, yeah. My question was, if I have this awkwardness of setting a boundary where I haven't in the past set a boundary so I feel like that I could be.

13:53:42 I'm vulnerable to being like, I changed the rules you like, why are you. Why are like, To me, they're still do that this is entrapment.

13:53:48 The way to the way to work with that is to make it explicit so let's go to Caitlin's example there on I, we have this lovely habit of you stopping by whenever you like and be welcoming you in and that has worked so well for me, up until this point and

13:54:01 I'm realizing I'm needing something different now.

13:54:06 realizing I'm needing something different now. There's someone so we've been doing this thing where blah blah blah blah blah happens. And it's become kind of normalize and it makes sense to me why you would assume it because we've co created this, and I'm realizing I want to pivot and make a

13:54:18 change and how we're doing it. How does that sound to you,

13:54:23 does that fit the example you're thinking of panda. Do you feel like you can play with it from there. Oh no, no, that's perfect. Thank you. I just want to practice it in my head.

13:54:35 Yeah. Yes.

13:54:38 It's a change and acknowledge it. I'm going to be asking for a change and I, I want this change just because I've been growing and changing and having realizations not because there's necessarily anything wrong with what we've been doing.

13:54:50 If that's true, but I'm realizing that I'm kind of wanting a pivot, a shift, a new habit, I want to try something new.

13:54:58 You know, so that's how we can hold it.

13:55:02 You guys have great great great questions I hope you got enough content today.

13:55:06 I tried to take a little bit more of a teaching focus.

13:55:11 Next week, when we come in if you haven't watched the Monday night there's a little more content in the Monday night and then this is a little bit more sort of question responsive content.

13:55:20 Next week, I will be in our again I will be calling in from our again on Monday, Tuesday and Wednesday I believe.

13:55:26 And we're going to move into role playing and specific moments. And the best way for us to do the demos and and the q amp a that follow the demos, is if you bring in the three moves.

13:55:38 I said they said I said, all they said I said, they said, okay, it's three moves, this is the situation. My daughter came in, she said blah blah blah.

13:55:50 I said, blah blah blah and then she said blah blah blah. Now what. Okay, those are the best kinds of situations for next week so if you have situations like that, bring them in and we will be role playing on Monday and Wednesday.

13:56:03 It's been so good to be with you. Is there anything else remaining for the last few minutes any takeaways. Any last clarifying things that anybody would like to ask or stay as we start wrapping up our call today.

13:56:20 Yes, Mary Beth.

13:56:22 I had one question which you don't have to answer because I know there's not much time, but maybe next week on some level is about residual like I you know I keep talking about this waking up at four in the morning and I didn't sleep at all last night

13:56:35 So, but residual feelings of anger, bitterness shame over past boundary violations, like your mind suddenly, something happened that reminded you of something from 30 years ago, and now you're like, you know, having all these emotions, so that's a big

13:56:57 question but I just wanted to put it out there. I would journal them out. If I don't like journaling I would speak them out into a voice memo.

13:57:01 I would give that part of me a voice, and I would listen to her story with a lot of curiosity and compassion, I would meet her needs for self expression, there's a lot that she's still wanting you to know side first listen, meet that parts needs for being

13:57:18 seen being heard being present being witnessed.

13:57:22 And then once you get the information, listen with the filter of what was this younger part of me needing that she didn't get.

13:57:33 And how can I help her get that need methanol.

13:57:37 Start with that as a roadmap and see how far that gets you and then let's come back to it. Thank you. You're welcome, you're welcome. Kathy.

13:57:45 If you come to the Portland, Oregon.

13:57:49 Portland metro area, we will be important. Today's. Mm. Well, email me if you want some recommendations for restaurants or.

13:58:00 It's because Thank you.