



#### ADVANCED LEVEL RITUAL: SETTING BOUNDARIES

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You’ll find this ritual either easy or difficult. For some people, setting healthy boundaries by saying “no” to others is a normal part of their everyday life. For other people, setting boundaries feels excruciatingly hard.

When you don’t set healthy boundaries, there’s a tremendous cost to yourself and your relationships. Trust is broken—sometimes indelibly. If the people in your life don’t know where they stand with you, it’s confusing to them. People may become wary of engaging with you on any meaningful level because they wonder when you’ll catch them off-guard, surprised that you said “yes” to something that, in reality, you didn’t want or intend to do.

While your intentions may be good—perhaps wanting harmony, balance, maintaining connection or approval—you’re likely to get the opposite result. Not setting boundaries will repel people from you. It’s very unkind *not* to say “no” when you mean “no”.

Saying “no” can (and should) be done with consideration. For example, “I’m sorry but that’s not going to work for me,” would suffice. “I can’t do that because...”, is another way to kindly say, “no.” “I can’t do that, but here’s what I *can* do,” is another. You’re using kindness and diplomacy *and* being direct. Keeping healthy relationships intact requires saying “no” sometimes and prevents the building of resentment that can destroy intimate bonds.

To take care of yourself *and* your relationships, set healthy boundaries with others. Answer the questions below. Start with the easier situations or people and then build towards the more challenging ones in your life.

Who is the person with whom you need to establish a clearer boundary?

What’s the situation?

What do you normally do to stay safe in that scenario?

What's the benefit to you?

What's the benefit to them?

What's the cost to you?

What's the cost to them?

Next time, I will instead say:

When you actually have the exchange with the person in real life, write down what you noticed leading up to, during, and after saying “no”.



## REFLECTIONS

# WHAT'S DIFFERENT?



### Advanced Level Somatic Dimensions Noticing Inner Experience

*Refer to the examples here to describe your inner experience (aka, interoception),  
use the Glossaries of Somatic Dimensions and Emotions  
(see appendix), or add your own:*

Airy	Emotion(s)	Image(s)	Softening
Breath	Expansive	Lukewarm	Softer
Brisk	Fluid	Melting	Smooth
Buzzing	Glowing	Oblong	Snug
Calmer	Grounded	Pulsing	Spacious
Comfy	Heart Beating	Relaxed	Tepid
Cooler	Heavier	Round	Tingling
Color(s)	Held	Settled	Vibrating
Dense	Hotter	Slower	Warmer

## Answer These Questions For Yourself:

Now identify *where* in the body you feel different...

Before this ritual, my body's experience was...	During this ritual, my body's experience was...	After this ritual, my body is more/less...