



Listening Boundary*

- An internal boundary I set to protect myself as I listen to others and take in information
 - An opportunity to hold my own space in the world while allowing others to have and express their thoughts, perspectives, and emotions
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1. Take a deep breath. Breathe in through your nose, and breathe out through your mouth.
 2. Imagine your Listening Boundary surrounding you, creating space, and keeping you safe. (I like to picture myself inside of a big bubble like the force field Violet can create in the movie “The Incredibles”.)
 3. Listen to learn, not to fix, defend, or debate.
 4. Remind yourself that what others say is about them. (They are responsible for their thoughts, words, actions, and emotions.)
 5. Keep breathing, and do not take blame.
 6. Stay curious, engaged, and respectful.
 7. Ask yourself if what is being said is:
 - a. All or Partly True for you...does it match with your reality?
 - b. Not True for you...let it bounce off your “bubble” and return to the person talking.
 - c. Questionable...do you need more information?
 8. Thank the person for sharing. If you need more time to process, tell them you will consider what they said, and get back to them (if you want to share your reality later).
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- You can ask to take a time-out if you become flooded or catch yourself responding from a place of reactivity.
 - Remember that you do not have to continue to listen to verbal abuse (yelling, name-calling, etc.). You can protect yourself with a physical boundary and walk away.

*Adapted from the work of Vicki Tidwell Palmer and Pia Mellody