



Talking Boundary

- An internal boundary with myself used to contain myself
- An opportunity to take personal responsibility for what I think, feel, and say
- An opportunity to share myself and practice vulnerability without trying to control

The Script*

“When I heard you/saw you.....(the data--what you could record with a video camera)

I thought/perceived/made up that.....(the story I tell myself about the data above)

And about that I feel.....(share your emotions: anger, pain, joy, shame, guilt, love, fear, passion)

Optional addition:

“And my request is/Would you be willing to.....

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