

Boundary Bubble Visualization

1. Imagine that you have a bubble all around you. You will control what comes in and out of the bubble.
 - What material would you want it to be made out of? It can be made of anything real or imagined, as long as there is a way for you to see out of it.
 - Some examples of materials include steel, biodegradable reinforced clear plastic, a forcefield, a wall of flowers, or an actual bubble that doesn't pop.
2. Inside of the bubble is your safe place, where you and your inner child reside. You get to create this place and put anything in it that you want, to feel safe and comfortable.
 - Take time to build this out in your mind and imagine what it would look and feel like.
 - There is nothing more important than maintaining the sanctity of the area inside the bubble. This is where healthy self-esteem resides.
 - Maintaining the inside of the bubble allows you to stay connected to your wise adult self, which dictates how you will interact with yourself and others.
3. Your boundary bubble should always be up, even with people in your inner circle.
 - This is because it is always healthy to have internal and external boundaries.
 - Having boundaries does not preclude intimacy and closeness.
4. External boundary function: In any interaction with someone else, what they say and do stops outside of the bubble.
 - You make the determination whether it belongs to you or not.
 - If it doesn't, it goes "splat!" on the outside of the bubble, because it isn't yours to take on.
 - If it does belong to you, let it in and consider how to respond.
5. Internal boundary function: In a similar way, before you say or do anything, it stops on the inside of your bubble.
 - Consider whether it belongs on the outside of the bubble.
 - If it doesn't, keep it in. If it does, let it out.