

IMPACT

confidence ▶ safety ▶ empowerment

ASSERTIVENESS & BOUNDARY SETTING

WELCOME!

The class will get started soon.

While your waiting, feel free to use the chat box to tell us where you're from and how you found us!

CLASS SETUP

- We will be muting everyone to reduce background noise.
- If you have a question or a comment, please use the chat box. We will also use the chat box for group discussion throughout the class.
- We will be sharing a link to a feedback form at the end of the class

ABOUT IMPACT

- IMPACT works to prevent violence and abuse by giving people the tools to protect their safety and advocate for healthy relationships and sexual respect in their communities and society.
- For questions or more information you can email us at info@impactboston.org or go to our website www.impactboston.org



What is a boundary?

WHAT IS A BOUNDARY?

- A line between what is acceptable, safe, or comfortable and what is not.
- By setting boundaries you are letting the people in your life know what is OK with you and what is not OK with you.

PRINCIPLES OF BOUNDARY SETTING

1. Breathe
2. What's going on? (name the behavior)
3. How do I feel about it?
4. What do I want/need?
5. Ask for what I want/say what I need.

Note: Setting boundaries and noticing how someone responds is a way for us to learn how trustworthy they are.

SETTING A BOUNDARY

When you _____
name the behavior

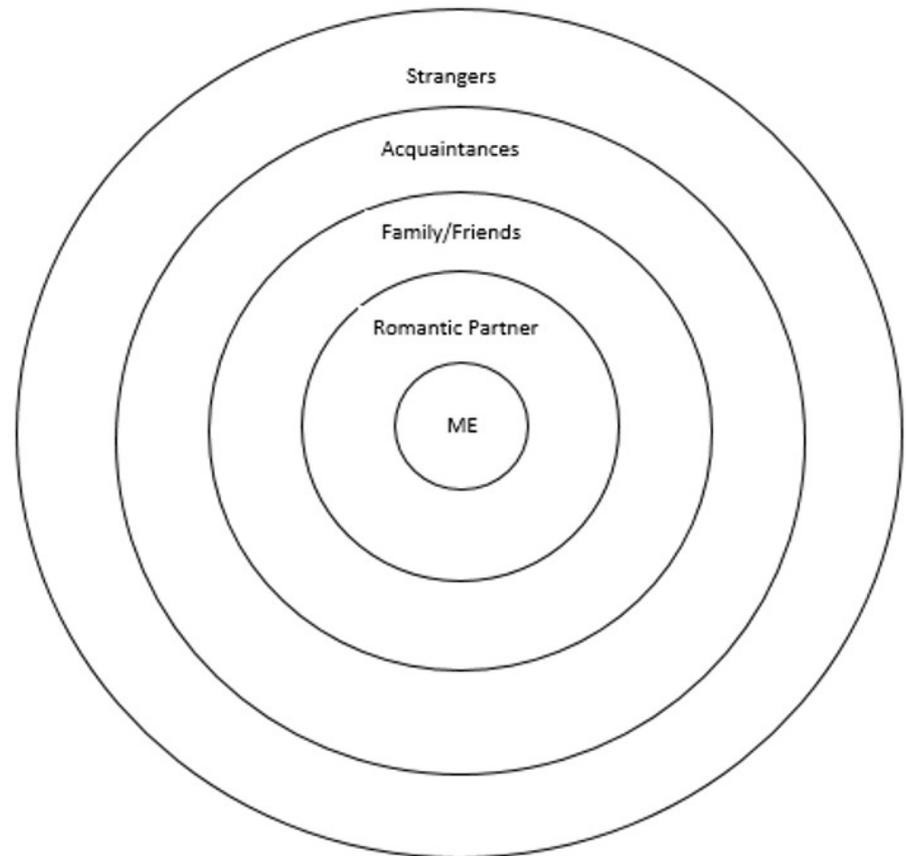
I feel _____
communicate how you feel about the behavior (NOT THE PERSON)

I want/need _____
what do you need to change going forward

Can you agree to _____
verbal contract

CIRCLE OF RELATIONSHIPS

Setting boundaries will feel different with different people, and that's OK.



KEEP IN MIND...

- Setting boundaries can be stressful!
- An important part of boundary setting is managing your own stress response.

WHAT IS ADRENALINE?

- Adrenaline is a stress hormone produced in the body when there is a perceived threat or danger (the threat may be psychological).
- Adrenaline triggers your body's fight / flight / freeze response

HOW ADRENALINE AFFECTS YOUR BODY

- Heart beats faster to push blood to organs and muscles
 - May feel heart racing
 - Limbs may be shaky, or feel cold or hot
- Airways in the lungs expand to draw in as much oxygen as possible with every breath
 - May experience shorter, faster breath
- People often feel dizzy, lightheaded, or jittery



*What do you notice most in your
body when you feel stressed or
nervous?*

ADRENALINE MANAGEMENT TOOLS

- Deep breathing
- Visualization
- Tapping
- Points of contact

NONVERBAL COMMUNICATION

- Much of our communication is nonverbal, made up of tone of voice and body language.
- Just changing our tone can completely change the message we are conveying.
- Our body language can distract from our message or even contradict it.

NONVERBAL COMMUNICATION

- Tone of voice
 - Calm, but firm
 - Neutral!
- Body Language
 - Shoulders back, head up
 - Turned towards the other person, looking at them
 - Limit fidgeting/gesturing and maintain neutral facial expression

VERBAL BOUNDARY STATEMENTS

- No, thank you
- I'm not interested
- I can't give you a donation
- Please don't come any closer
- I asked for cream, no sugar
- Please knock when my door is closed
- I will serve on that committee
- I can't talk right now
- Don't call me after 10:00pm
- Please don't touch me
- I'd rather stay home tonight
- Let's eat someplace different
- No, you can't borrow my car
- Please ask before you borrow my things
- Don't answer my cell phone
- Don't go into my email



*What did you notice about
repeating those phrases?*



Boundary Setting Demonstrations

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