

B•O•U•N•D•A•R•I•E•S

OBSERVATIONS: What has someone asked of me, (or I think they're going to ask),

- I heard them ask: “

FEELINGS/EMOTIONS/BODY SENSATIONS:

- and I'm feeling uncomfortable, anxious, worried, fearful, reluctant, confused, _____, _____?

Exploring/befriending my JACKAL THOUGHTS (my 'false yes'). My Jackal as a guide.

FEAR THOUGHTS “I'M AFRAID TO SAY 'NO'”

If I don't say yes, I'm afraid that they:

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GUILT THOUGHTS “I'M A BAD PERSON.” I'm telling myself:

I should want/be...

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-

I shouldn't want/ be...

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-

STRATEGIES: Getting to my Giraffe truth (my true 'NO')

I clearly/specifically don't want...

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STRATEGIES: Getting to my Giraffe truth (my true 'YES')

I clearly/specifically do want...

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Living my Giraffe NEEDS/VALUES (The heart of my 'true yes')

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other Strategies/REQUESTS of self/others:

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-

BENEFITS of saying my true choice :

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