



# setting boundaries

## Visualisation Exercise

Think about the boundary you want to change or a new one you want to set, e.g. saying no to something you usually say yes to (to make others happy)

How are you feeling about the current situation?

On a scale of 1-10 how much of a problem has this been for you?

How long have you been doing this? How many times have you done this?

How many times have you told yourself you won't do it again?

How do you judge yourself about it?

What has been the cost to you? To your time, energy, health, wellbeing, peace of mind?

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Imagine you're there with the person or people you want to talk to

Step in to that picture

Think about the conversation you want to have

Write it down. You simply begin with "I just wanted to have a talk with you. This is a little hard for me but I want you to know..."

Practice saying it and seeing the scene play out in your mind.

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Visualise you have just spoken to the people involved. You are smiling, calm and have practiced your words.

Think about when it is done - how you will feel; having the situation as you want it to be;

how it was so much easier than you thought; how you are so proud of yourself

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