



Advanced Depth

Selected Notes From the Wise Warrior Retreat

- **The hyper/hypo spectrum can be applied to boundaries.**
 - The hyper end would include rigid boundaries:
 - Saying no to everything
 - Avoiding Intimacy
 - Keeps everyone at a distance
 - Unlikely to ask for help
 - Overstructured
 - The hypo end would include loose boundaries:
 - Difficulty saying no
 - Dependent on opinions of others
 - Say yes to everything
 - Let others take advantage or disrespect
 - Overshare personal info
 - Encroach on other people's boundaries
 - OVER-INVOLVED with other's problems
 - Bypass your own boundaries
 - Creating space for clients to draw what Rigid, Loose, and Aligned Boundaries Look like can create a lot of valuable awareness
- **Supporting Client to be aware of different types of boundaries can often help them know what boundaries they want to set and how to set them.**

- We looked at an adapted version together from this article: <https://www.mindbodygreen.com/articles/six-types-of-boundaries-and-what-healthy-boundaries-look-like-for-each>, and then we drew pictures to represent boundaries in different areas of our lives. This can be a great exercise for clients that you can unpack together. As you look at the drawing, you can help your client identify the fear or limiting belief when it comes to boundaries in each of the areas they drew out.

- **It can be helpful to support clients to understand why their boundaries aren't aligned.**

- The fears and beliefs behind the actions. Here are some of the most common, and you can lead a client through a Befriend Your Fear Process, Choose Your Own Shadow Journey Process, and others with this:
 - Don't want to let others down or hurt their feelings or hurt them
 - Guilt
 - Don't want others to be angry at us
 - Don't want to be alone
 - Don't want to look selfish or demanding
 - Want to be liked or loved
 - Don't trust others
 - Don't think we'll be loved/This is how we love
 - -----
 - (With ourselves)
 - FOMO
 - Technology Addiction
 - Patriarchy

- **Boundaries with Self and Procrastination**

- Self-Worth Theory: <https://www.youtube.com/watch?v=52lZmlafep4>

- Tim Urban on Procrastination:
<https://www.youtube.com/watch?v=ari7oStGLkU&t=10s>

● Protection and Boundaries:

- Weak boundaries are sometimes a form of self-neglect
- We will hold a boundary (inner or outer) when we are more invested in protecting what is sacred to us than we are invested in our fears or other people's needs
- When we don't uphold a boundary, we are not protecting what is precious or sacred to us
- Rigid boundaries can lead to self-neglect. When we are too rigid with boundaries, we are also, ironically putting at risk what is precious or sacred to us by overprotecting.
 - EXERCISE:
 - What am I not protecting when I X (pick a weak boundary)?
 - Ex: What am I not protecting when I offer more client sessions that I don't really want to?
 - Example Answer: My time
 - Go Deeper: What's inside of or underneath the time that I'm not protecting? What does the time signify/impact?
 - Example Answer: My right to spaciousness, freedom, ease
 - Why am I not protecting?
 - Example Answer: Fear that people won't like me
 - If you are not protecting what is sacred to you, where did you learn that what's sacred doesn't deserve protection or can't be protected...or that you, YOU didn't deserve protection?
 - Who taught you?
 - How did they teach you?
 - How old is the part of you that doesn't believe you – or what you hold sacred - deserves to be protected or can be protected?

● The Wise Warrior: A Strategy for Re-Parenting

○ Possibilities:

- Visualization with The Wise Warrior
- Written dialogue with the Wise Warrior
- Channeled letter from the Wise Warrior
- Write a letter to parents who didn't protect boundaries from the voice of the Wise Warrior
- Warrior Yoga Poses
- Drawing to represent what protecting boundaries looks like