

Boundary Visualization

Relax and visualize or imagine a protective shield that you are able to hold in front of you for protection. When you imagine the shield, what is it like? Of what material is it made? The shield is a barrier to help keep you safe. Imagine the shield keeping stones thrown at you from actually hitting you.

Picture in your mind stones being thrown at you, as you put up the shield, deflecting the stones to the ground. Imagine feeling the jolt of the stones hitting the shield and then seeing the stones falling near your feet. You are able to survive the onslaught of stones. You feel safer knowing that you have the shield to protect you.

Next, imagine the same shield that you are holding in front of yourself. However, this time instead of stones, painful words in the form of darts and arrows are thrown. Picture someone throwing these words at you. Use your shield to deflect the words just as you would the stones. Visualize the arrows and darts of words falling near your feet. You are able to survive the onslaught of words by putting up your shield.

Now imagine the same shield being used to give you personal space around yourself. You may feel crowded by another person, and the shield is used between you and that person as a boundary to make you feel more comfortable. You feel a sense of peace knowing that you can maintain some personal distance with the shield.

Repeat this visualization each day.

Ways I have been using boundaries to protect myself:

Ways I haven't been using boundaries to protect myself:

Strengths that will help me set boundaries: