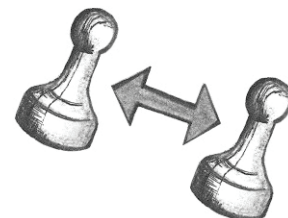
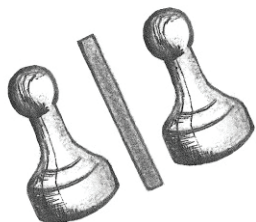


# A Somatic Sense of Boundaries

## AWARENESS OF PHYSICAL BOUNDARIES



**Purpose:** To identify situations in which your physical boundaries were crossed, describe your body's response to these boundary violations, and reflect on how you might handle such situations in the future.

**Directions:** Think about your experiences with physical boundaries as a child and adult. Read through the lists below that describe boundary violations and add any. Check the box next to any that you have experienced and add any not listed in the empty boxes. Choose three boundary violations to explore, then describe each situation, your body responses, how you handled it, and how you might handle it differently in the future.

Physical Distance Boundary Crossed	
<input type="checkbox"/>	Being stared at
<input type="checkbox"/>	Being looked at in a sexual way
<input type="checkbox"/>	Being looked at in a threatening way
<input type="checkbox"/>	Someone standing too close to you (e.g., in line at the store)
<input type="checkbox"/>	Someone talking or yelling too close to your face
<input type="checkbox"/>	Someone sitting beside you when you didn't want him or her to be that close
<input type="checkbox"/>	Someone talking "at" you in a derogatory or threatening tone
<input type="checkbox"/>	Someone making threatening or insulting facial expressions to you
<input type="checkbox"/>	Someone making obscene gestures at you
<input type="checkbox"/>	

Physical Contact Boundary Crossed	
<input type="checkbox"/>	Someone brushing up against you
<input type="checkbox"/>	Being hit or pushed
<input type="checkbox"/>	Being held down
<input type="checkbox"/>	Forced physical contact (e.g., being coerced or made to hug, kiss, or sit on someone's lap)
<input type="checkbox"/>	Someone grabbing your wrist or arm
<input type="checkbox"/>	Being touched in a car, room or corner where you couldn't escape
<input type="checkbox"/>	Someone demanding, or forcing, sexual contact
<input type="checkbox"/>	Someone touching you when you don't want to be touched, or in a way you didn't want to be touched
<input type="checkbox"/>	Being tickled when you didn't want it
<input type="checkbox"/>	

Situation	Body Response	How You Handled It	How You Might Handle it Differently in the Future