

A Somatic Sense of Boundaries

TANGIBLE BOUNDARY EXERCISE



Purpose: To create a tangible boundary that you can see and touch, in order to increase your somatic sense of having a boundary.

Directions: Sit on the floor or in a chair. Then construct a tangible and symbolic boundary around your body using string, ropes, scarves, pillows, or other objects with your therapists guidance. Take the time to place the rope or objects around your body at the distance and in the shape that feels right for you. Make the boundary as thick or thin as you want by adding or taking away objects. If there are any areas (your back, chest, or one side) add more rope or objects to that part of your boundary.

After creating a tangible boundary, take a few minutes to sense “your space” within the boundary you defined, and then answer the following prompts.

1. Describe the tangible boundary you created. What did you use to construct it? Was it close to or far away from your body? Describe its shape and thickness.

2. How does your body respond to your tangible boundary. Does your breathing, tension, or posture change?

3. What thoughts, emotions, or memories emerge from constructing a tangible boundary?

4. How can you use the somatic sense of a tangible boundary in your life? For example, if you felt more solid in your body with a tangible boundary, how could you recreate that sense of solidity in situations where you need to have a boundary?