

Badass Boundaries

for

LEADERS

Week 4

5 Tips for Setting Boundaries with **COMPASSION**

Tip #1

Communicate when resourced

- Don't wait till you're past your limit
- Wait until you're re-regulated
- Get resourced elsewhere
(Release them from having to do it!)

Tip #2

Own your triggers

Tip #3

Start with self-compassion

Tip #4

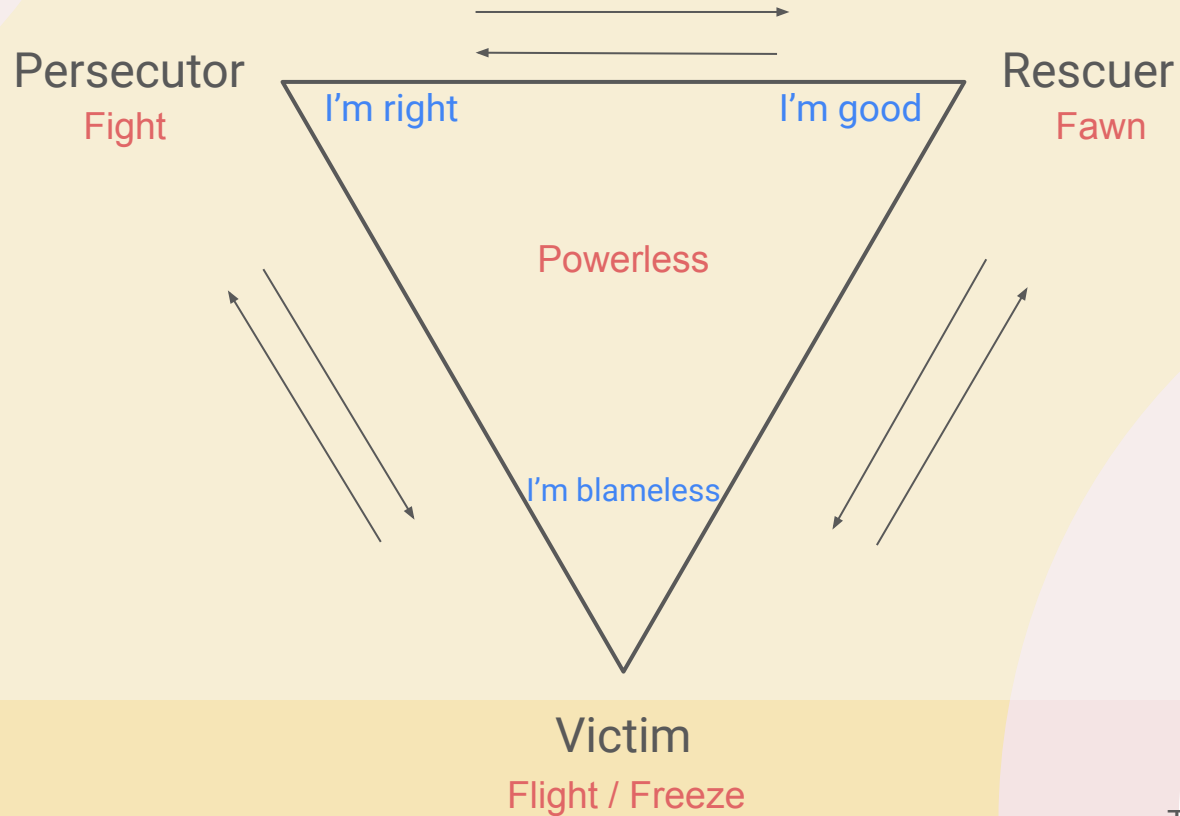
Get curious

Tip #5

Find your YES

Boundaries and **The Drama Triangle**

The Drama Triangle



How to Escape the **Drama Triangle**

The WDMaer's Triangle

By Acey Choy

Assertive

Compassionate

I'm right

I'm good

Powerless

I'm stupid

Vulnerable

The Winner's Triangle

by Acey Choy

Assertive

Compassionate

I have needs

I care

Empowered

I'm struggling

Vulnerable

Formula for **Boundary-Setting Conversations**

Pre-Work

- Did you “work up the NIRV”?
 - Notice Experience
 - Identify Desire
 - Responsibility & Ownership
 - Validate & Value Needs
- Can you bring genuine, embodied compassion?
- Are you in the Winner’s Triangle?

Objective observation

Compassion

Effect (impact)

Assertive Ask

(N)egative consequence

Week 3 Daily Practice

Radical Self-Responsibility

- For this week, experience life as though there is no one to blame. While you may not have control over all that happens in your environment, try taking full responsibility for your interpretations, the part that is created by you, and how you respond to it.
- While doing this, see if you can experience others as fully capable, and responsible for all of their own actions & feelings.
- What comes up for you when you try this on?

Week 4

Journaling Inquiry

- “I’m not having a conversation with _____ about _____” or “I haven’t told _____ about _____”
- Write down as many un-held conversations you can come up with.
- Name the feelings that come up as you do this exercise.