

Mindwork Facilitator Scripts - BOUNDARIES

Each step is a single 30-35 min session | 15-20 min Breathwork | 10-15 min reprogramming |
Remember to pause 10-15 sec after each question you ask | Visualize asking yourself the same question.

Session 1- Identify The Challenge

Step 1: Isolate The Challenge / Blockage AWARENESS (5 min)

1) Awareness (3-5min)

- **Visualize and Isolate** - visualize a boundary in your life that feels out of balance. This could be feeling violated, disrespected, unseen or unheard, taken advantage of, out of control etc. Try to think of or remember a specific situation you are trying to breakthrough or get past. Maybe a conflict or pattern that showed up in regards to this boundary. Just allow whatever comes up to be in your awareness.
- **What did you feel then?** What emotions did you feel? What do you need in this situation to feel relief? Is there any way this situation is trying to show you something about yourself you need to do differently or grow as a person? Standing up, communicating etc. What's one way you can take yourself into consideration and break this pattern to create a healthy boundary?
- **Awareness in the Now.** Bring some awareness to negative feelings or emotions you have recently experienced around these or this boundary.

2) Root Cause (3-5min)

- What is the root cause of this problem / feeling? (make suggestions based on topic) do you believe....
- Can you identify where this feeling is coming from? When was the first time you remember feeling this way?
- When was the last time you felt this way. Any recognizable patterns? Continue to focus on the feeling. What can this feeling be trying to reveal to you? Is there a deeper level of communication?

3) Closing The Isolation with Action (3-5min)

- What insights or lessons can you take away from this? What is it showing you about yourself and your own pattern? What may need to change in you (or in relation to other topic specific). What did you need at the time that you couldn't get? Can you give yourself that now?

Session 2 Identify and Feel the Change

This session includes Steps 2 and 3 you can also do a single session for each step. Always start with a review and recap of the last session and anything that came up since.

STEP 2: Identify What you need to change (approx. 2 minutes each)

- 1) **Identify What you need to break through** in order to experience change, what would need to happen?
- 2) **In order to experience change what would need to happen** What potential changes or action steps come up when you ask yourself these questions? What's a small thing you can do daily? Speaking up to one important person in your life? Imagine sharing your truth? What is really holding you back?
- 3) **What potential changes or action steps come up when you ask yourself these questions?** Do you need to communicate your needs more? Do you need to make a plan? Do you need to validate and encourage yourself more? Do you need to speak up for your needs more? Are you believing a limiting or negative belief that may not be true?

STEP 3: Feel the Change / Breakthrough (approx. 2 min each):

- 1) **What would it feel like to be free of this problem or no longer feel this way?** (free, relieved, empowered, recognized, loved, supported, acknowledged, protected).
- 2) **Are your limiting beliefs, fears or worries true?** Is this person the only one who can make you feel this way? Are you sure that's true? If you set a boundary what do you think will happen? Are you sure this will be the outcome?
- 3) **What can you do?** How can you do something different or change the pattern?
- 4) **How Do you want to feel?** Can you embody or feel the way you want to in relation to your situation. (recognized, valued, heard, respected, understood, appreciated, loved). How would setting good boundaries make you feel? Imagine a positive response, imagine people who care about you responding positively and supporting healthy boundaries Imagine feeling seen, heard, understood, connected.
- 5) **Self Empowerment / Gratitude.** Give yourself permission to feel this way. Have gratitude for this feeling.

Session 3 Take Action & Anchor

This session includes Steps 2 and 3 you can also do a single session for each step. Always start with review and recap of last session and anything that came up since

STEP 4: What actions can you take to make this happen? (approx. 2 Min each)

- 1) **What's The First Step?** What's the first thing that comes to mind you can implement or work on? Can you think of one small change or the first step? What is the first boundary you can set even if it's a small one.
- 2) **What's the Cost of Inaction.** Have you ever asked yourself: What is the cost of not taking action? How much has it cost me so far?
- 3) **What's your level of Commitment?** What's your level of commitment to set 1 new boundary this week. What will it be? When and how will you set it?
- 4) **Visualize your first steps.** What does it look like to do these things? Be courageous? Be affirmative? Stand up for yourself? Have compassion for others? How can you have the hard conversations you've been avoiding. How does it feel? What can you do to really create change to feel like this more often?

STEP 5: Anchor in the new you. Repetition plus emotion. (approx. 2min each)

- 1) **Envision** yourself having created healthy boundaries in all areas of your life. Detach yourself from expectation of how the other should be act and respond. How can you set yourself free?
- 2) **How does it feel?** Embody the feeling of you doing these new things, changing patterns, feeling better, being assertive, not being taken advantage of etc.
- 3) **Create a mantra.** How can you verbalize this into an I am statement about yourself? How do you feel when you say it?

Affirmations: *I am respected, I am passionate, I am powerful, I am recognized, I am fulfilled, I am loved, I am supported, I am trusted, I am safe, I am brave, I am assertive*

- As you say the statement also feel the feelings associated
- Remember to have compassion and gratitude for yourself.
- Imagine feeling the relief of solving this problem
- (Emphasize feeling the feeling)

Anchoring Visualization - imagine yourself connecting, feeling loved, feeling a sense of safety and trust, laughter, fun, things going smoothly, feeling understood etc.

Journal, what came up, what stood out, where did you feel resistance?

What mantra sums up the result you are looking to achieve?