



Boundaries & Safety (How to Calm and Center Yourself When You're Stressed or Anxious, Volume 3)

Julie DiJoseph MA SEP LMHC

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Boundaries are really about how you view yourself. Often, our views of ourselves become damaged through stress, trauma and anxiety. We experience boundary "ruptures" that make us more susceptible to other peoples' thoughts and actions, and less directed by our own internal Self. This directly affects how safe we feel in the world and in our relationships. BOUNDARIES & SAFETY is a comprehensive, step-by-step 75-minute program to locate your boundary ruptures, and then repair and restore them to full health and function. The program is different than others because you also use the "felt sense"---the sensations in your body---rather than just thoughts or visualizations. Tracks: Safety---What Does It Mean?, Boundaries & Containment, Feel the Boundaries of Your Physical Self, Feel Contained When You're Anxious, Your Body & Your Energy Field, Freezing & Boundary Ruptures, Types of Boundaries, Your Boundary Strategies, Locating Your Boundary Ruptures, Repairing Your Boundary Ruptures, Reinforcing Your Backfield, Testing Your New Boundaries, The Power Stance, Your True Self.

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