

My Safe Bubble: Instructions

For exploring boundary muscles and gestures in relational space
so we can feel safe in our own skin around others.

Sit or stand comfortably, facing your partner. Decide who will lead first.

If practicing online, be sure you can see one another's torso, head, face, and arms.

Leader - Eyes open or closed. Start with your hands against your chest.

Raise your elbows and push your palms away creating your "safe bubble."

Bring your hands back and repeat the movement several times.

First track just yourself, then yourself and your partner as you do this.

Mirror - Eyes open. Ask the leader what kind of mirror they want: a) just watch, b) mirror the leader's gestures, c) after each gesture of the bubble, reflect the gesture and words, d) mirror the gestures in real time and then reflect back words and gestures.

Timing: First leader: 6-10 cycles. Both TALK: 1-2 min.

Share about your experience. Switch roles, and repeat.

Suggestions:

Leader - Explore feeling solid. Play with the speed and power of your extension.

Add words: Say "This is my safe bubble" and what ever comes to mind to say next.....

e.g. "You are not welcome here." or "I like company." or "You can come a little closer if you do what I say." or "I am safe because I am strong and I will protect myself."

People like: "Feeling my power." "Having boundaries and feeling connected at the same time." "Having boundaries without being shamed or pushing people away."

Challenges: Unable to feel any safe bubble, Fear of pushing people away, Mirror being triggered by the boundary gesture.