

BOUNDARIES



Boundaries are the socially constructed delineations between entities, which *define* personal/private safety zones ("sanctuaries").

The Latin word for *boundary* is *finis* (root of *define*).

To define something is to mark its boundaries.

Personal Boundaries include:

One's own body

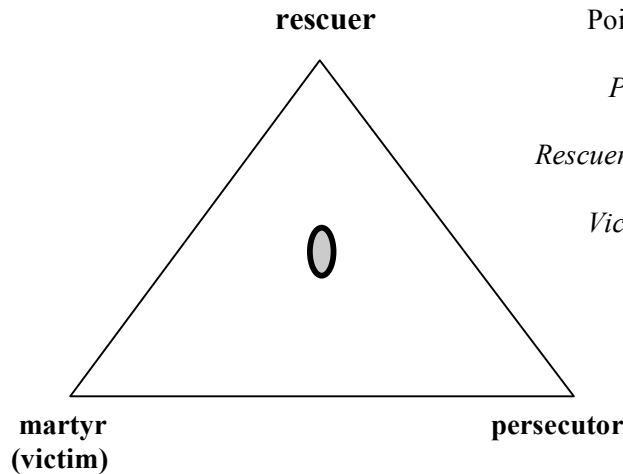
One's own possessions

One's own space which surrounds the body and possessions

One's own relationships (and roles) with others

One's own internal space (emotional, intellectual, cultural, & spiritual space)

Karpman Drama Triangle



Points of the triangle correspond to roles played in the drama

Persecutor abuses power over another by knowing better.

Rescuers abuse power by "saving" instead of empowering another.

Victim/Martyr abuses power by claiming to be powerless, therefore not accountable or responsible.

The challenge is staying centered, rather than drawn into the drama.