

Maintaining your Boundaries and Energy

As you read the questions, feel into your body and ask yourself “Do I feel at peace?”

If you answer YES, then move onto the next question

*If you answer NO and you feel any discomfort, then do **Self EmRes** – Close your eyes*

Did you feel drained any times in your life from a person or a situation, that is still affecting your life now?

Do you have any limiting belief or judgement you were holding about the person or situation?

Do you try to use your personal energy to shift someone else’s energy?

Do you try to avoid feeling something negative yourself?

Do you currently feel drained in any areas of your life, by a person or a situation?

What emotion would you like to resolve now? **Do EmRes**

How do you feel doing things out of a sense of obligation or duty?

Do you feel angry at yourselves or others when you do something out of obligation?

Are you angry and frustrated at yourself and others if you feel you don’t have a choice?

How do you feel when you are depleted?

How do you feel when you put off taking care of yourself?

How do you feel when others take care of themselves before taking care of you?

Do you feel angry or annoyed by the outside world, strangers, government or groups?

How do you feel if other people judge you?

Do you feel afraid or worried if others don’t accept, reject or discount you?

Do you feel anxious or worried about being going to social or group events that deplete your energy?

How do you feel if others walk all over you and treat you like a doormat?

How do you feel if you are oversharing/giving and it is not reciprocated?

How do you feel if your experiences, opinions and values are not validated or accepted by another person?

Based on your answers above what shifts of perspective or actions might you take to maintain your boundaries?