



Creating Boundaries, Practicing Curiosity, and Making Requests

Jessica Katz

Introductions

Silently ...

Without words ...

Make eye contact with someone across the room

Introduce yourself (still silently)

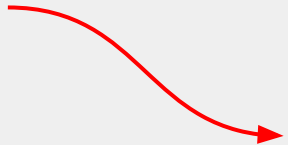
That awkward moment
you go for a handshake...



... and they go for a hug.

What is a boundary

BOUNDARY



My Consent

your Agency



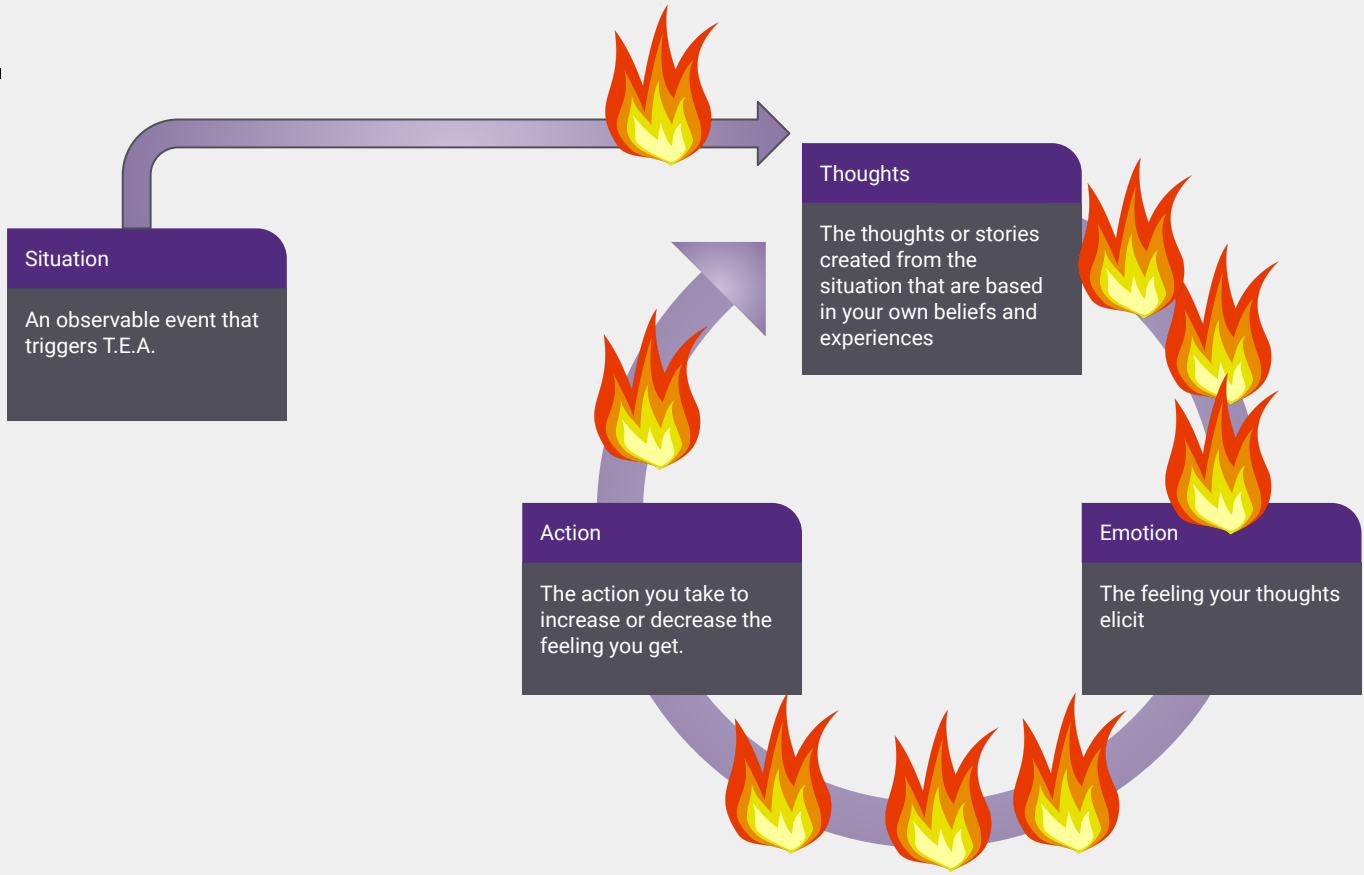
Freely Given
Reversible
Informed
Enthusiastic
Specific

Image source: [Planned Parenthood](#)

**What is the risk of
keeping our
boundaries implicit?**



T.E.A.



In case of Fire ...



Rolling with your inner self



Curiosity



**REPLACE THE FEAR OF THE
UNKNOWN WITH CURIOSITY**

~Author Unknown

Inquiries

Did
Can
Will
Which

When
Where
Who

How
What



Making Requests

Would you ...

- Be willing to ...
- Like
- Help me understand ...



Practice

- Think of a situation (or use one from earlier)
- Write down the observable facts
- Write down your T. E. A.
- Write down your request

Pair up and practice, help each other refine your thoughts and requests.



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Make the elephant in the room work for you



8foldPros