

Claiming Your No

To

Welcome Your Yes

Boundaries for People Who Care

with Jennifer Elizabeth Moore @EmpathicMastery.com



I deserve to say NO
the right people will accept
and respect my NO while
the wrong people will reveal
their true colors.



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Family ♥ NonFamily

All My Relations

List the names of all your relations.

HOME ring is for family or housemates who live with you.

CLOSE ring is for personal/intimate relationships.

CASUAL ring is for acquaintances and detached relatives.

DISTANT ring is for faraway people

Remote loved ones can be placed in both the close & distant category.

The Pie is where difficult, challenging & conflicted relationships go.

The Pie

I am worthy of knowing
my truth, speaking my truth
and sharing it with others



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What comes up when you consider
putting someone in the pie?



What feelings, thoughts or beliefs do you
notice?

I totally deserve to
set clear limits with
challenging people.



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In The Pie

a Tapping Experience

Even though

I feel Emotion *putting* Person's name *in the*
pie, and it makes me Feeling

I'm just acknowledging this. AND
I'm open to the possibility that
expressing how I really feel is the first
step to shifting it.

Reminder Phrase:

*This feeling of _____ Emotion _____ when
I think of putting _____ Person's name _____
in the pie.*

*Even though
I realized that I'm Feeling about the pie because
putting Person's name in the pie, brings up
Emotion*

*I give myself permission to Chosen behavior
and welcome Positive quality.*

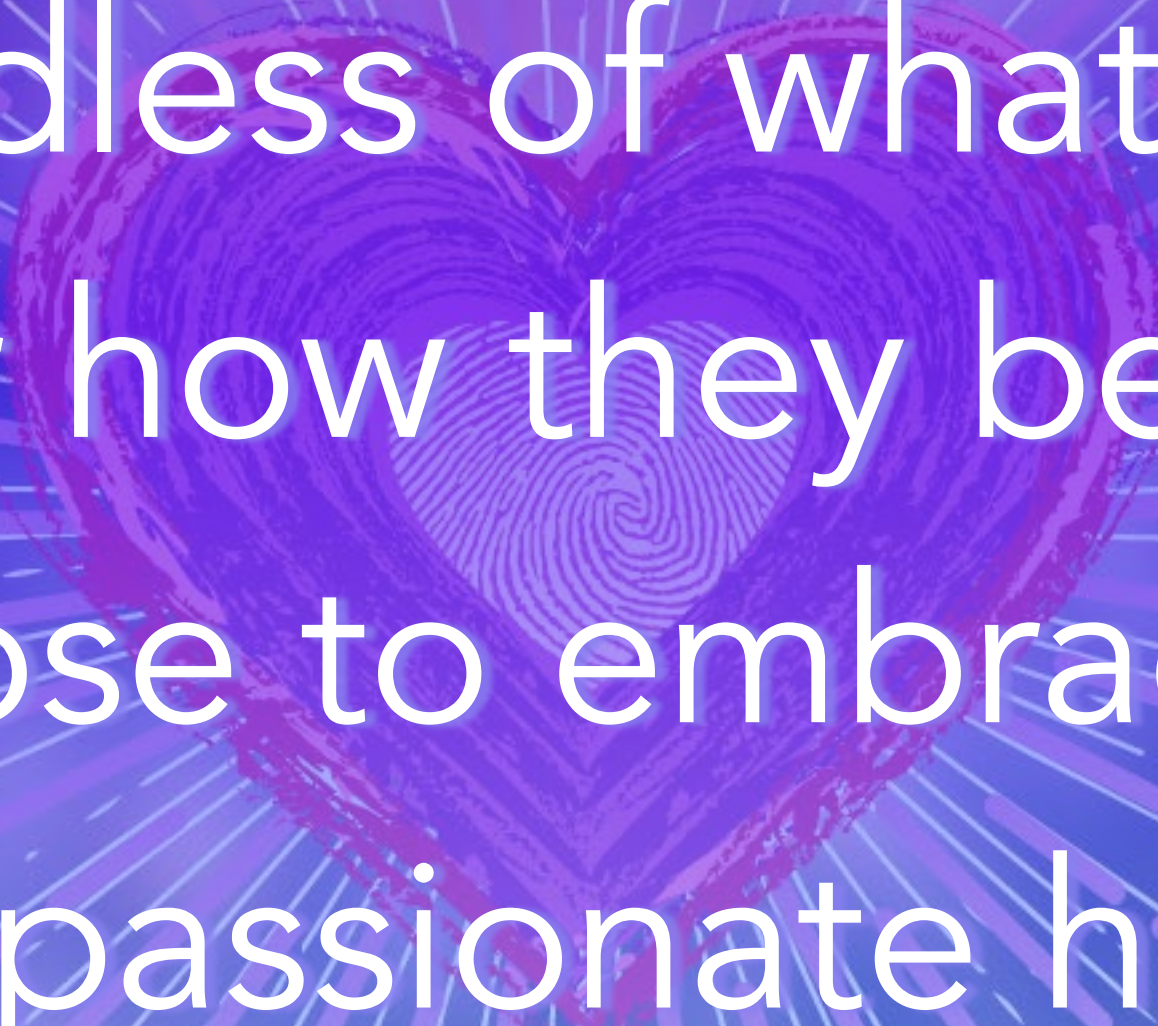
Reminder Phrase:
The realization that I feel
Emotion *and the* Awareness *it*
brought up

*Even though
I recognize that I still feel Emotion,
Change can start with Chosen behavior
And I'm open to the possibility
that I can set boundaries with
grace and ease.*

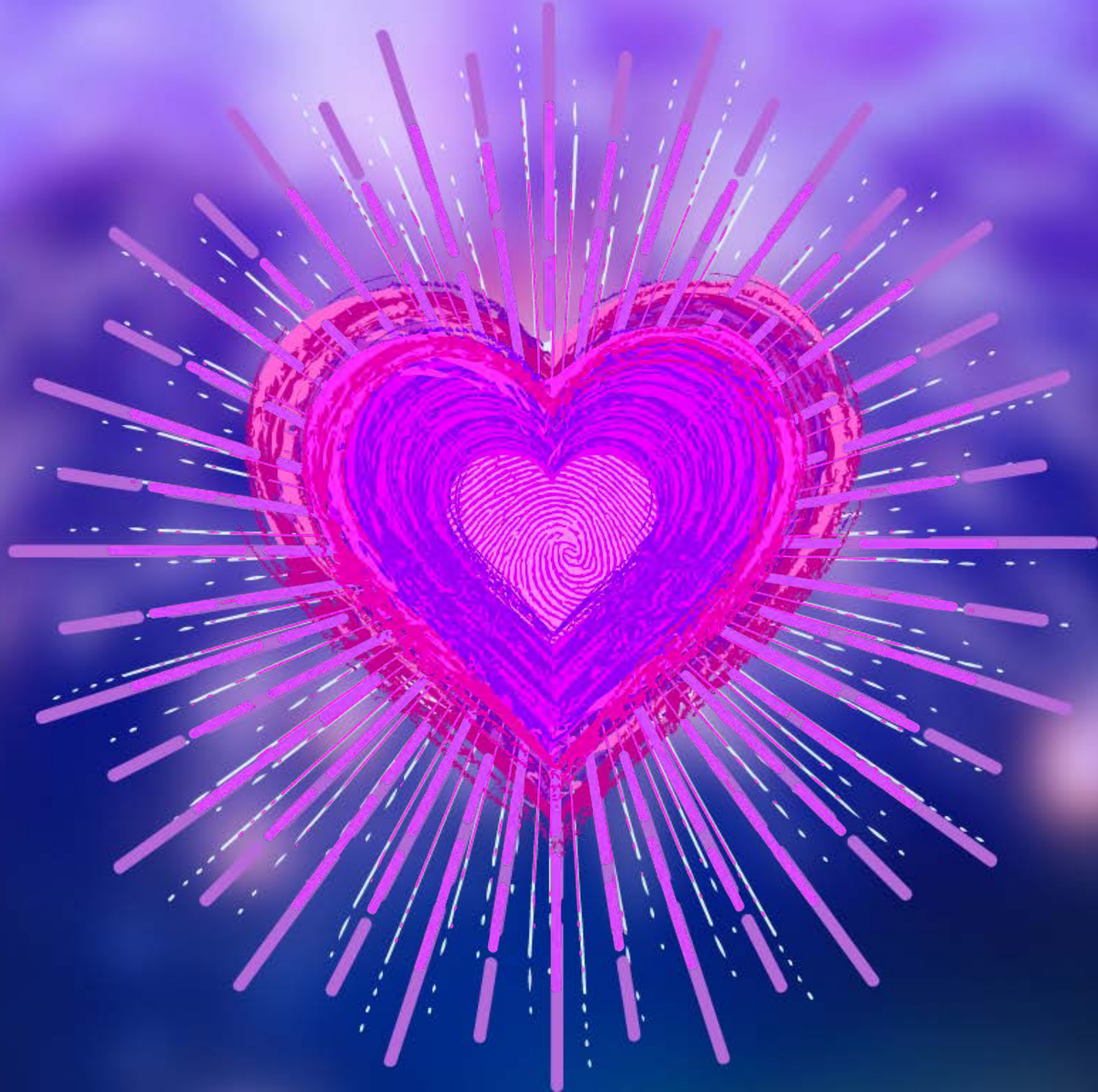
What if responding
calmly could be easier
than reacting with force?

What if expressing my
boundaries
can be graceful & firm?

What if my greatest strength
flows from my heart?



Regardless of what others
say or how they behave,
I choose to embrace my
compassionate heart.



What Does Empathic Safety Look Like?

- Letting go of the need to fix or rescue
- Trusting each person has a Higher Power in their life (and we're not it)
- Holding Space instead of Absorbing Pain
- Shifting from EMPATHIC Overwhelm to COMPASSION & ACCEPTANCE
- Strengthening empathic filters & shields
- Learning the Empathic Mastery System

Recognize • Release • Protect • Connect • Act

What Next?

- Visit EmpathicMastery.com/SEE for on the house access to Empathic Entrepreneur's Secrets to Success Class. AND download your ebook: *Empathic Safety for the Highly Sensitive Soul: 3 Basics For Finding Calm In the Eye of the Storm*

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