

ALLARD SCHOOL OF LAW

CONVERSATION BOUNDARIES

The Student Wellbeing Program



PETER A. ALLARD
SCHOOL OF LAW

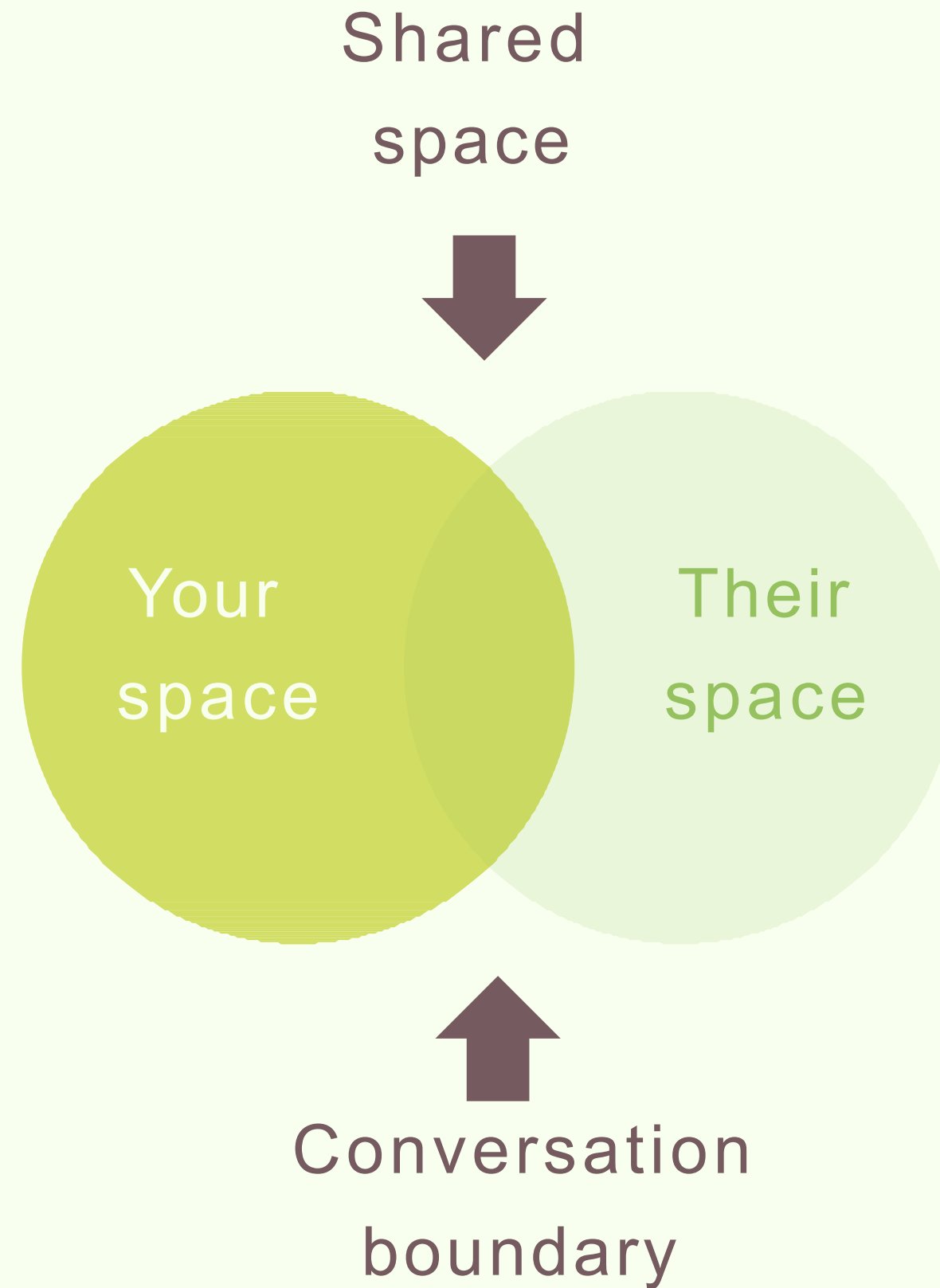
THE UNIVERSITY OF BRITISH COLUMBIA

SHARED SPACE

- The table on the next page is a visualization which helps you to contain information and feeling relating to conversations with friends.
- The table is your shared space.

Your space:

- Your values
- Your history
- Your triggers
- Your coping mechanisms
- Your stress level
- Your life events
- Your life stage



Their space:

- Their values
- Their history
- Their triggers
- Their coping mechanisms
- Their stress level
- Their life events
- Their life stage

EXERCISE

- Image a table between you and anyone you have a conversation with.
- Imagine that anything you and your friend talk about is on the table (in the shared space).
- You can leave the words and emotions there on the table in the shared space.
- By leaving the conversation in the shared space on the table allows you to be objective which is the best position to be in when trying to help a friend.
- Their issues are not yours to own.
- You can choose what to bring from ‘your space’ into the ‘shared space’ and what to take from the ‘shared space’ back to ‘your space’.
- Affirmation to use: “Leave it on the table”.
Don’t forget your own self care after the conversation.