

# Law student - client boundaries

- Establish personal and professional boundaries
- Contain what is yours and what is professional
- Empathy without enmeshment (be objective)
- Direct your own passion into appropriate action for your role
- Strategies to help set and keep boundaries:
  - Self care - Diet, exercise, social support, sleep, wellbeing.
  - Counselling
  - The Table
    - Image a table between you and anyone you have an interaction with (the shared space is your table)
    - Imagine that anything that person says to you comes out of their mouth and lies on the table between you.
    - You can leave their words and emotions on the table.
    - Look at it on the table, take a breath, give yourself time (stop), and think about what the words mean.
    - Bring your professional self to the table
    - Respond from your professional self
    - Affirmation to use: "Leave it on the table"
- Conceptualise relationship circles diagram

