



EMMA GERASIMATOS



THE RELATIONAL GRID

The Relational Grid



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- Stop, breathe
- Where am I?

Better than

Walled in

Letting nothing out

Same-as
One imperfect human
to another with
healthy boundaries

Boundary-less

Containing - letting
too much out
Protective - letting too
much in

Less than

The Relational Grid



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Better than

Stop being so high and mighty and increase your awareness of the impact of your behaviour and how mean it can feel! You need to get more comfortable with the fact that you are vulnerable and needy like the rest of us humans. The illusion of self-sufficiency is just that. Breathe down and out from the walls. Feel their protection so you can relax and risk coming into contact, however messy that can be.

You probably need to work on containment. Strengthen the inside of your boundary, feel it press against you like a hand on your stomach. Stop offending from the victim position. Let your boundary protect you, breathe down from the better than and wait before you react.

Walled in

Letting nothing out

You probably feel de-energised and disillusioned. Maybe depressed or resigned? It's too hard, too overwhelming - a sense of failure before you even start. Shame and walls are hard to break through but you need to get moving. Breathe down into that sense of shame, scoop yourself up and feel the protection of your boundaries. Try and fail and keep trying. You are not a helpless victim.

Same-as
One imperfect human
to another with
healthy boundaries

Boundary-less

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You probably have a need for more protection and solidity. In your mind's eye, sense into a protective shield around you. Feel the protection and relax knowing it will protect you. Breathe into your sense of shame and scoop yourself up with love.

Less than



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Boundaries

Containment Boundary:

- Protects others
- It's your capacity for restraint - holding back
- Stops you from inappropriate outbursts
- Build it up by taking time outs, keeping your mouth shut, going for a walk, taking a few deep breaths etc.

Protective Boundary:

- Protects yourself from others
- When it's weak we are too impacted by others' feelings, opinions etc.
- Build it up by asking yourself, "is this true/helpful to me?" and choosing what you let in and let affect you
- Knowing what is your stuff and what is the other's stuff
- A healthy boundary is flexible and supple

Too boundaried/walled in:

- You are protected but not connected
- Not able to listen or engage with the other
- Walls can be made of anger, words, addictions, pre-occupations, charm, humour, fatigue
- Only appropriate to protect from harm