

Topic - Session 03

Dealing with boundaries

Background information

Knowledge and awareness of one's boundaries is important to both maintain boundaries (to protect oneself) and to transcend boundaries consciously (to grow and develop oneself). When we underestimate our own boundaries and these become transgressed, we can feel overwhelmed, afraid, exhausted, painful, disappointing and frustrating. When boundaries are overestimated, then we have too little confidence in ourselves, which will hinder us to reach goals.

Therefore, it is important to be mindful of one's boundaries. There are physical (bodily) and psychological (thinking) boundaries. In bouldering physical boundaries are for example strength and endurance, psychological boundaries are created by example motivation, tolerating frustration, focus, and confidence. Warning signals for overstepping one's boundaries are pain, exhaustion, fear, or anger.

This session's goal is to become more aware of one's boundaries and deciding whether the boundary should be kept, or consciously overstepped, to expand one's learning/action (compare to the [Learning zones model](#)). Especially with mental boundaries it can be helpful to consider a different approach or take a new perspective to expand one's boundaries.

Key questions

Do you know your boundaries? Are you always aware of your boundaries?

What kind of boundaries are there in bouldering?

What function do boundaries have? What are their pro's and con's?

How do you notice your boundaries?

What happens when you over- or underestimate your boundaries?

How do you feel that you are at your limit? Which signals does your body send you, what do you perceive?

How do you deal with your boundaries? How do you deal with personal boundaries in your day-to-day life? Do these protect you or restrict you?

Learning goals

To differentiate between mental boundaries (motivation, tolerance of frustration "I will never be able to do this") and bodily/physical boundaries (i.e. strength, endurance).

Boundaries help, to better estimate one's own capabilities:

Underestimation of one's boundaries leads to overwhelm, exhaustion, fear, pain, disappointment, feeling frustrated.

Overestimating one's own boundaries leads to not being able to reach goals, restrictions on oneself ("to not feel able to try anything")

Goal: Maintenance and care of personal boundaries that protect oneself and expansion of boundaries that are too restrictive.