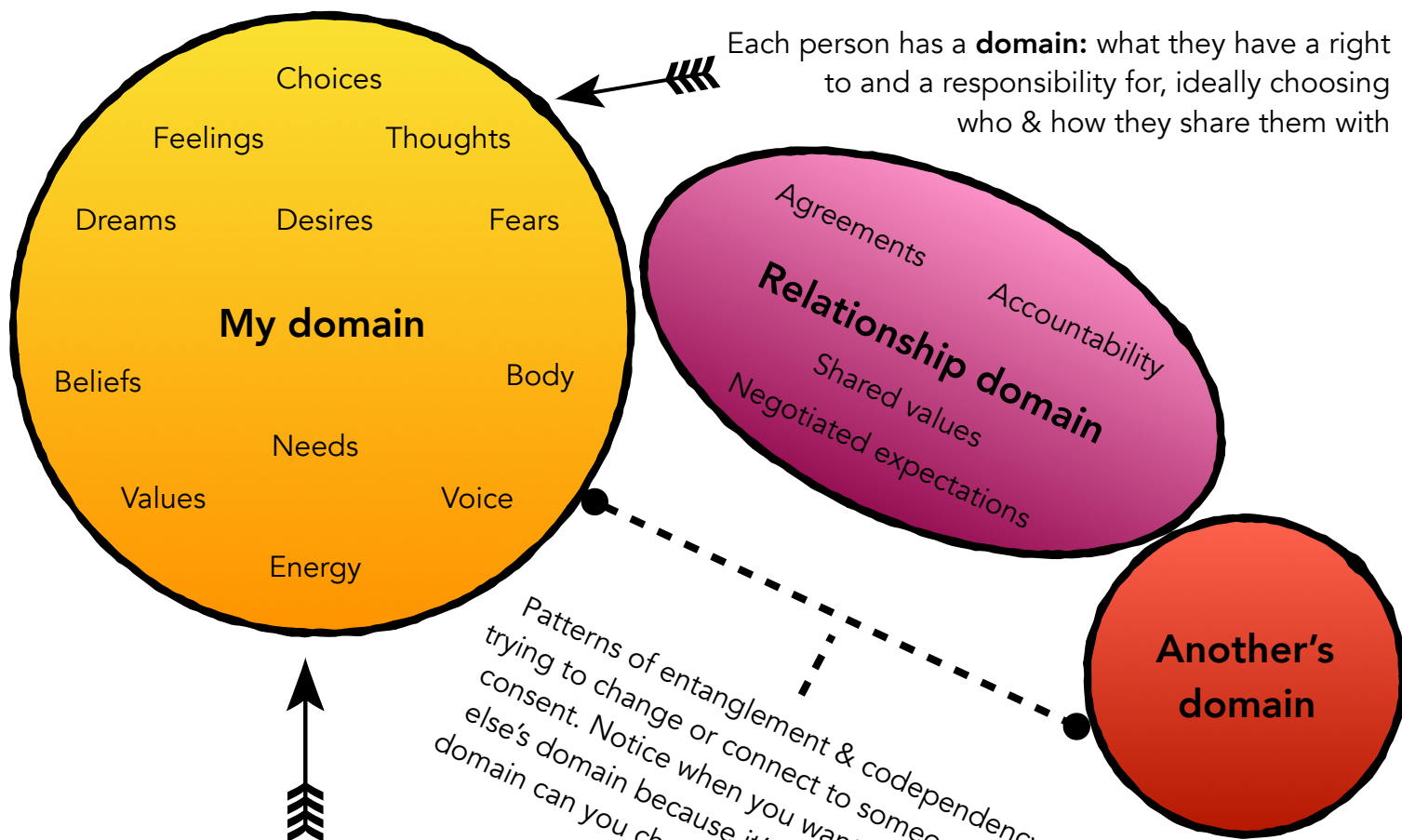


WHAT'S OURS? WHAT'S NOT? WHAT'S IN BTWN?

Here are a few models to consider when feeling into sovereignty:

Domains, Boundaries & Limits from Betty Martin's work with the Wheel of Consent



This circle outline is the **boundary**:

- the edge to our domain
- typically doesn't change
- keeps our awesome things in
- holds a barrier to what's not ours

A boundary is different than a limit. **Limits**:

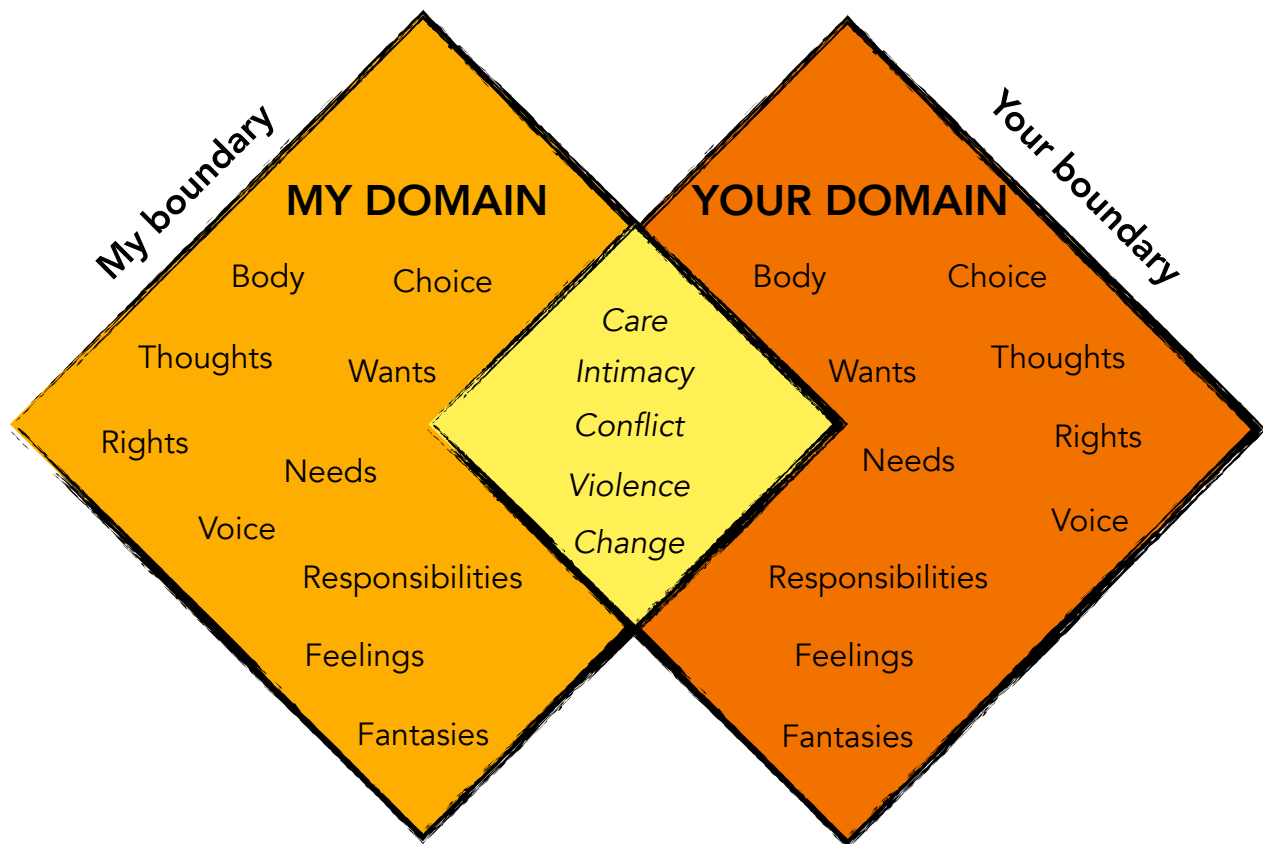
- are flexible, can change
- our choice about an experience
- detail what we're willing to participate in & what we're not (example: "yes to mutual masturbation, but not available to share touch")

**Anything about this framework feel revolutionary? Anything feel inaccurate or limited?
How does this model break down and/or perpetuate white dominant culture?**

Boundaries & Domains adapted version by Kai Cheng Thom:

"I believe that all human beings are interconnected, with our rights and responsibilities not clearly separated. This is perhaps in part because I come from a Chinese family with a more collectivist worldview. I believe that our domains do intersect - and in that intersection lies the potential for care, intimacy, violence, and change. In the intersection of our domains, there is power, danger, and potential. Consent, then, is the strategies we use to meet one another with integrity and grace - with the intention to care and transform rather than to harm."

https://www.instagram.com/p/CVg0dmANuHn/?utm_source=ig_web_copy_link



How does it feel in your body when you look at this adaptation?
Do you resonate with the relational overlap?
Are there other overlaps you'd include?

Boundaries are
the distance at which
I can love you and me
simultaneously.

—
PRENTIS HEMPHILL

This popular quote comes from the teacher, embodiment coach,
writer and facilitator [Prentis Hemphill](#).

**In looking at the other frameworks, how does this definition of boundaries differ?
Does it touch on things the other frameworks don't?**

Lastly, an audio riff about borders vs. boundaries with sacred intimate,
trans-ascendant coach & erotic guide [Ro Rose](#):

**Anything feel useful to you in discerning borders from boundaries?
What role can these concepts play in your exploration of sovereignty?**