

# THE COUPLES CURE

## Miraculous Recovery for Couples on the Brink

### Boundary Bubble Exercise

*Adapted from Karla McLaren*

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This exercise is to establish psychological boundaries to protect you from other people's problems, toxic energy, or negative narratives of you.

1. Visualize that floating around you is some sort of bubble or force field. Make it your own. Some people think of other options, like an umbrella around them or a Teflon pan. Whatever works for you.
2. Decide what you want your internal environment to be inside your bubble. You can control the temperature and air quality. You can even visualize plants or flowers and imagine lovely fragrances. Let it feel safe and calm.
3. When you find yourself preoccupied with the struggles of someone else, imagine their issues bouncing off the outside surface of your bubble. Choose a mantra that you can say to yourself to support you.

#### Some affirmation examples for the bubble exercise:

Somebody else's problems are separate from my own. I have a right to think and feel differently than others.

I care about them, but I don't have to take care of another adult. I can be a support if they're having a bad day, but I can still have a good day.