

"Before we start the exercise, I want to introduce you all to our version of 'hold' for this process: the Button. It's the pause Button for our process. As we are working, if you have any questions or need to communicate something with your partner, go ahead and say Button.

"I'm going to be talking a whole bunch through this, but I'm not doing anything interesting, so stay focused on your partner.

"Sitting or standing, face your partner. Pick a Partner A and pick a Partner B. Soft ankles, knees, and hips. Breathe. See if you can allow your lips to part. Find that neutral balance. See each other. Let the talking fall away.

"Partner A: with your own hands on your own body, starting at the top of your head and working all the way down to your feet, show by touching everywhere on your body that you are giving Partner B permission to touch today. Go slowly and be specific. If you need to bend over, or point to a place you can't reach, or turn around to show them, go ahead. Partner B, you are observing.

"Now Partner A, ask Partner B if it works for you to take their hands. If you get a yes, Partner A takes Partner B's hands. If you get a no or your partner says Button, raise your hand and I will give you an alternative. (Offer Boundary Practice Modification)

"Partner B, in this next step, remember you can say Button at any time because your hands are a part of your body. Partner A, take Partner B's hands and starting at the top of your head and working all the way down to your feet, guide Partner B's hands over everywhere on your body that you are giving them permission to touch today. If your partner says Button, pause, lift their hands, and find the next place to resume the exercise. Go slowly and be specific. If you need to bend over, or point to a place you can't reach, or turn around to show them, go ahead.

"When you finish, return to facing each other in a neutral position and Partner B, name the areas that Partner A guided you away from and didn't give you permission to touch. The way that we name those boundaries is by naming your partner's Fences. For example, 'I saw a fence around your upper chest. I saw a fence around the front of your pelvis, etc.' Be specific and use neutral language. Then ask, 'Did I miss anything?'

"Partner A can then clarify if you missed or added any Fences.

"Now, let's reverse it.

"Partner B: with your own hands on your own body, starting at the top of your head and working all the way down to your feet, show by touching everywhere on your body that you are giving Partner A permission to touch today. Go slowly and be specific. If you need to bend over, or point to a place you can't reach, or turn around to show them, go ahead. Partner A, you are observing.

"Now Partner B, ask Partner A if it works for you to take their hands. If you get a yes, Partner A takes Partner B's hands. If you get a no, raise your hand and I will give you an alternative. (Offer Boundary Practice Modification)

"Remember you can say Button at any time because your hands are a part of your body. If your partner says Button, pause, lift their hands, and find the next place to resume the exercise. Partner B, take Partner A's hands and starting at the top of your head and working all the way down to your feet, guide Partner A's hands over everywhere on your body that you are giving them permission to touch

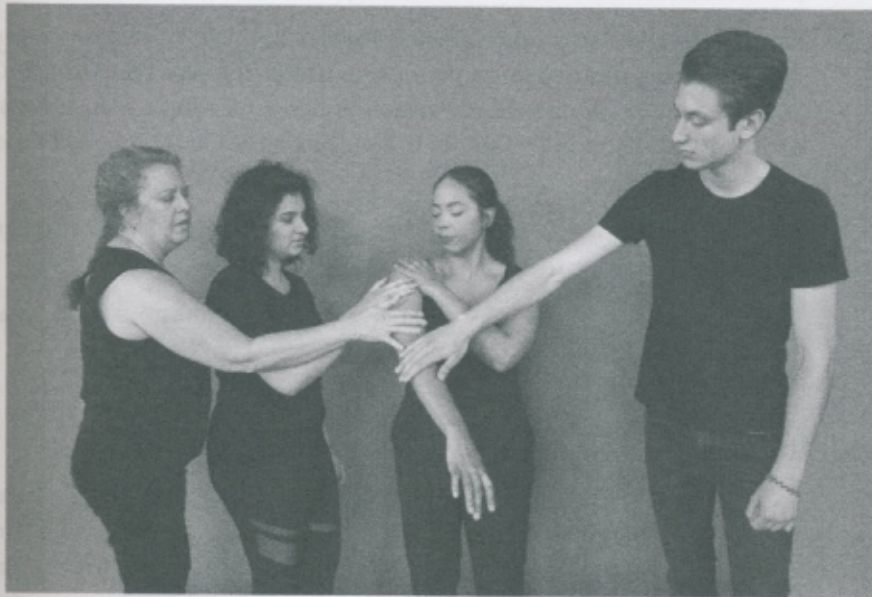
today. Go slowly and be specific. If you need to bend over, or point to a place you can't reach, or turn around to show them, go ahead.

"When you finish, return to neutral and Partner A, name the areas that Partner B guided you away from and didn't give you permission to touch. The way that we name those boundaries is to say that you saw a fence around that area. For example, 'I saw a fence around your chest. I saw a fence around the front of your pelvis, etc.' Be specific and use neutral language. Then ask, 'Did I miss anything?'

"Partner B can then clarify if you missed or added any Fences.

"Before we work on any of the scenes with intimacy, I'll give you time to go through this again, but you can revisit this exercise at any time with your partner."

Group Boundary Practice



If boundaries need to be established for group intimacy, high-touch scenes, or as a general practice in a production or class, another option is to do a Group Boundary Practice. Group Boundary Practice is not a replacement for the Boundary Practice, but a supplement exercise that allows the touch in boundary establishment to better reflect the conditions of the touch that may be experienced in the performance.