

# THE BOUNDARY CALIBRATION MAP

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Compassion does not require absorption.

Notice before absorbing, evaluate.

This stress belongs to:

- Me
- Them
- Shared
- External circumstance

Am I attempting to:

- |   |   |
|---|---|
| <input type="checkbox"/> Fix            | <input type="checkbox"/> Rescue         |
| <input type="checkbox"/> Control        | <input type="checkbox"/> Avoid conflict |
| <input type="checkbox"/> Preserve image | _____                                   |

If I step back, what changes?

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Anchor

Containment ≠ responsibility.

**Life. Understood.**

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# The Boundary Calibration Map

*Is this load yours to carry?*

**Before absorbing, evaluate.**

## This stress belongs to:

- Me
  - Them
  - Shared
  - External circumstance
- 

## Am I attempting to:

- Fix
  - Rescue
  - Control
  - Avoid conflict
  - Preserve image
-

**If I step back, what actually changes?**

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## **Anchor**

**Compassion does not require absorption.**

**Containment  $\neq$  responsibility.**