



Intimacy & Relationships Panel: When Boundaries get Crossed



Moderated by Christina Dohr, the panelists examine their relationship with boundaries, how to cultivate responsibility for our own boundaries and respect those of others, and how this affects our own body.

Owen Marcus, Coach, author, founder of EVERYMAN, Men Corp, Emotional Leadership Coaching

- When I am in my space, body and emotions, my boundaries are not challenged. What is inside the boundaries? How do we fill that space within our boundaries?
- **Freeze response:** when someone has crossed my boundary there is a visceral response.
- What is my physiology doing? Fight/flight/freeze? How do I express being vulnerable and assertive?
- **Tools:** Take ownership of the process. Creating a buffer zone where boundaries are clear promotes resilience.

Ilan Stephani, Best-selling author, intimacy teacher, trauma educator and former sex worker

- **Response** to boundaries being crossed: I feel anger and shift the situation to where my nervous system can regulate and feel safe.
- **Response to unclear boundaries:** I listen to myself, I have more curiosity and more self-love.
- What does my nervous system need to unblock the instinctive self-regulation and promote clear boundaries?
- **Tools:** Shifting into vibration, imitating the language of the nervous system to promote clarity. Space and Time to sink back into your own truth.

Betty Martin, Chiropractor, a Body Electric School trained Sacred Intimate, Certified Sexological Bodyworker, Foundations of Facilitation trainer, and a self-propelled erotic adventurer and intimacy coach

- **Boundaries:** My 'Domain' includes everything I have a right to and a responsibility for that don't change: body, thoughts, emotions, dreams, desires. What is the limit of that domain? What distinguishes between what is my responsibility and what is someone else's? What we say 'yes' or no to, changes all the time.
- **Sign of boundary being crossed:** Bring attention to body signals and figure out what it was that a person was trying to steal from my domain versus not getting what I want.
- **Questioning if boundary is crossed:** This is not always obvious at first. I question if I gave away my responsibility?
- **Tools:** Being listened to; thinking out loud, ranting and raving.

Adam Wilder, Human Connection Coach & Comedian

- **Physical response** to boundaries being crossed: anger, numbness.
- **Unclear boundaries:** Cultivate curiosity, openness, somatic awareness to better discern boundaries. Ask for what I want and have a conversation about it.
- **Tools:** Writing, expressing anger in a safe way (scream, etc.)

Resources

- ❖ **Courses:** [Embodied Sovereignty Training](#) (Adam)
- ❖ **Website:** [School of Consent](#) (Betty)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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