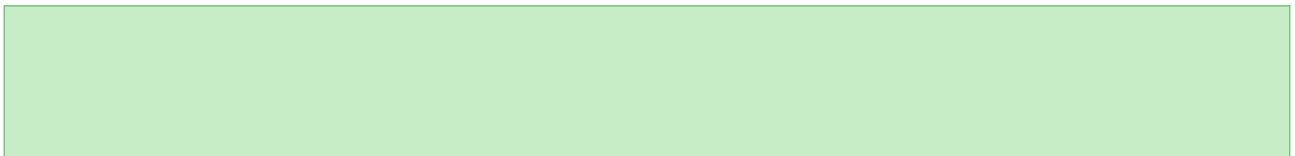


The Touch Boundary Lab

A Fourteen Day Somatic Program to Reclaim Hugs, Proximity, and Personal Space

This print ready workbook guides you through daily practices that support clear consent, easeful proximity, and touch that feels safe and wanted. Every page offers simple language you can use today and space to record what helps your body settle. Use a pen or pencil to complete the check marks and notes. Choose a calm pace and stop whenever you need a reset. You are in charge of the speed and the shape of your practice.



Welcome and Intent

Touch can be healing when it is chosen. It can also be draining when it arrives without consent. This lab supports you in building a body based skill set that lets you say yes with clarity and no with kindness. You will practice interoception which is the sense of what happens inside your body. You will rehearse simple sentences that carry warmth and clarity. You will test distances and angles that let you breathe and think. You will adapt your digital life so screens feel less intense. The process is gentle and precise. You are the expert on your experience.

How to Use this Workbook

Set aside a small daily window that you can protect. Move at a steady pace rather than a rushed one. Read the day focus then complete the practice and the experiment. Use the check marks to mark completion and the lined space to capture body signals and language that felt natural. If you miss a day simply continue the next one. If your body feels activated beyond comfort shorten the practice or pause. The goal is steadiness not endurance.

Materials You May Want

A pen or pencil and this workbook are sufficient. Optional items include removable tape for distance calibration and a timer on your phone. Comfortable clothing supports relaxed breathing and clear attention.

Day 1

Focus: Baseline body map

Sit in a quiet place and scan from head to feet. Place a hand over the chest and another over the belly. Notice breath and muscle tone. Recall a recent moment when someone moved closer. Watch for the first tiny body cue and write it down.

Consent language to rehearse

Today I greet with a warm smile and clear eyes. I say hello and keep my hands free.

Real world experiment

Take three short pauses through the day. Name two sensations each time.

Today check marks

- | | |
|--------------------------|--|
| ☐ | Read the focus and intention |
| ☐ | Complete the practice |
| ☐ | Run the experiment |
| ☐ | Share one sentence with a trusted person |
| ☐ | Capture one body signal and one clear phrase |

Notes and observations

Day 2

Focus: Comfort distance calibration

Use a chair as a reference point. Walk toward it and stop at the first sign of brace. Step back a little and speak your distance preference out loud. Repeat with a trusted person if available.

Consent language to rehearse

I am most comfortable at this distance right now. Thank you for giving me space.

Real world experiment

Notice how angle changes comfort. Turn a few degrees and test again.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 3

Focus: Interoceptive micro practice

Set five tiny check moments during the day. Each time place a hand on your sternum and name two internal sensations. In the evening try a brief body scan audio of your choice.

Consent language to rehearse

I am checking in with my body before I answer. Give me a moment please.

Real world experiment

Record which time of day brought the clearest signals.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 4

Focus: Hands free greeting language

Stand at a mirror and practice a warm greeting without touch. Rehearse until it feels natural. Send one friendly message to a person you see often to cue your experiment.

Consent language to rehearse

I am doing hands free hellos today and I am happy to see you.

Real world experiment

Notice how face and voice carry warmth when touch is not used.

Today check marks

- | | |
|--------------------------|--|
| ☐ | Read the focus and intention |
| ☐ | Complete the practice |
| ☐ | Run the experiment |
| ☐ | Share one sentence with a trusted person |
| ☐ | Capture one body signal and one clear phrase |

Notes and observations

Day 5

Focus: Proximity in motion

Walk along a corridor or path. Adjust shoulder angle and gaze softness to signal your boundary while staying open. If someone moves too close step back and speak a brief sentence.

Consent language to rehearse

I need a little more room. Thank you.

Real world experiment

Write down which tiny adjustment helped you breathe.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 6

Focus: Digital proximity reset

Open a video platform. Increase camera distance and turn off self view for part of a meeting. Invite short movement breaks to reduce nonverbal load.

Consent language to rehearse

I will go audio only for a moment to think more clearly.

Real world experiment

Compare energy after a call with and without self view.

Today check marks

- | | |
|--------------------------|--|
| ☐ | Read the focus and intention |
| ☐ | Complete the practice |
| ☐ | Run the experiment |
| ☐ | Share one sentence with a trusted person |
| ☐ | Capture one body signal and one clear phrase |

Notes and observations

Day 7

Focus: Touch trial with a trusted person

Ask a trusted person for a brief light hug with clear start and stop. Leave the hug before you want to leave. Check body signals and repeat once with a tiny variable changed.

Consent language to rehearse

I would like a short gentle hug if you are open to it. I will say when I am done.

Real world experiment

Capture which variable made the biggest difference.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 8

Focus: Sensory profile and self kindness

Write a two sentence access statement that fits you. Practice saying it out loud once. Use it if needed today with someone who cares for you.

Consent language to rehearse

Surprise touch is hard for my system. Please ask first and go slower.

Real world experiment

Notice relief when you give yourself permission to state needs.

Today check marks

- | | |
|--------------------------|--|
| ☐ | Read the focus and intention |
| ☐ | Complete the practice |
| ☐ | Run the experiment |
| ☐ | Share one sentence with a trusted person |
| ☐ | Capture one body signal and one clear phrase |

Notes and observations

Day 9

Focus: Repair practice

If you touch someone without asking own it and reset. If someone crosses your line name it and continue with clarity. Practice both directions at least once today.

Consent language to rehearse

I touched you without asking. I am sorry. I will ask next time.

Real world experiment

Write one sentence about how your body felt after the reset.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 10

Focus: Culture and family without self abandon

Prepare one respectful alternative greeting that fits your context. Use it during a meeting or a visit. Ask an ally to help translate if needed.

Consent language to rehearse

I greet with a hand over my heart. That feels best for me.

Real world experiment

Record how people responded and how you felt.

Today check marks

- | | |
|--------------------------|--|
| ☐ | Read the focus and intention |
| ☐ | Complete the practice |
| ☐ | Run the experiment |
| ☐ | Share one sentence with a trusted person |
| ☐ | Capture one body signal and one clear phrase |

Notes and observations

Day 11

Focus: Workplace spacing by design

Arrive early to choose a seat with a little open space. Offer options during greetings. If you lead model consent language and protect clear pathways.

Consent language to rehearse

Handshake wave or smile. Your choice.

Real world experiment

Write what layout change helped the room feel calmer.

Today check marks

- | | |
|--------------------------|--|
| ☐ | Read the focus and intention |
| ☐ | Complete the practice |
| ☐ | Run the experiment |
| ☐ | Share one sentence with a trusted person |
| ☐ | Capture one body signal and one clear phrase |

Notes and observations

Day 12

Focus: The long hug on purpose

Request a longer hug with consent layered in. Enter slowly and release when you are ready. Check jaw neck and breath before during and after.

Consent language to rehearse

I would like a longer hug and I will say when that is enough.

Real world experiment

Note what timing and place supported comfort.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 13

Focus: Regulation before during after

Pick one regulation tool like a brief body scan or paced breathing. Use it before during and after a planned touch moment.

Consent language to rehearse

Give me a second to breathe and then we can continue.

Real world experiment

Describe the shift when you prepared first.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Day 14

Focus: Your boundary style

Write two short paragraphs about greetings distance and repair language that fit you this season. Read them out loud once and save a copy on your phone.

Consent language to rehearse

I will say what works for me and I will ask what works for you.

Real world experiment

Describe your signature sentence that you will keep.

Today check marks

☐	Read the focus and intention
☐	Complete the practice
☐	Run the experiment
☐	Share one sentence with a trusted person
☐	Capture one body signal and one clear phrase

Notes and observations

Phrase Bank for Clear and Warm Boundaries

Use these sentences as a starting place and shape them so they sound like you. Say them in a calm voice and let your face carry warmth. When you pair clarity with care people can hear you more easily.

- | | |
|--------------------------|--|
| ☐ | I am happy to see you. I am greeting hands free today. |
| ☐ | Is a hug welcome for you right now |
| ☐ | I would like a brief gentle hug. I will say when I am done |
| ☐ | I am most comfortable at this distance |
| ☐ | Please give me a little more room |
| ☐ | Surprise touch is hard for my system. Please ask first |
| ☐ | Let us keep this hands off |
| ☐ | I touched you without asking. I am sorry. I will ask next time |
| ☐ | Handshake or wave or smile. Your choice |
| ☐ | I greet with a hand over my heart |
| ☐ | I need to stop now |
| ☐ | Thank you for asking and I prefer no touch today |

Space for your own sentences

Look back through your notes and notice changes in comfort and clarity. Write about moments that felt different. Name the practices you want to keep and the contexts that deserve extra care. Invite one ally to read your favorite sentence and say it with you out loud.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Use this page to record the comfortable distance for common contexts. Repeat once a month and compare entries. Distance can change with season and stress. Treat the numbers as guides not rules.

Context	Distance today in centimeters	Notes
Greeting a friend at the door		
Talking with a colleague while standing		
Sitting at a small table for coffee		
Waiting in a queue		
Riding public transit		
Family gathering in a living room		
Video call camera distance		

[illegible]

Credits and Acknowledgment

This workbook was designed for CareAndSelfLove dot com to support women in reclaiming comfortable proximity and touch. It was inspired by contemporary research on interoception consent communication and healthy workplace design. Use it as a gentle companion and revise language to fit your voice and culture.

Personal commitment

Write one clear sentence that you will carry into the next month. Read it out loud now. Place it at the front of the workbook and return to it each week.
