

No One Is Entitled to You

The foundational reframe: boundaries as a container that protects healing, not selfishness.

What this lesson covers

- Boundaries as a sacred container, not a wall
- Learning your yes and your no — a skill, not an instinct
- “I’m a humanist — no one is entitled to anything”
- Honoring a woman’s boundaries: the difference between boys and gentlemen
- Not settling for less connection out of loneliness
- Not a damsel in distress: wanting mutuality, not rescue

HOME EXERCISE *A boundary I’ve been reluctant to state out loud:*

What I’m afraid will happen if I state it:

The sentence I’ll actually say, start to finish:

BEFORE NEXT MODULE: Say that sentence to the person it’s for — or rehearse it out loud once, alone, so it’s ready.