

SELF consent 101

Dr Sophia Graham
www.loveuncommon.com



Self consent

The radical act of tuning in to &
showing up for your needs,
desires, limits and boundaries.

A powerful declaration:

I am on my side, I am on my side.

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My self consent difficulties

- ADHD difficulties noticing emotions at all.
- Paying attention to and properly interpreting my bodies cues.
- Responding more to urgency than my own signals.
- Wanting to go with the flow rather than deciding for myself.
- Wondering why I had no idea what tea/handshake I wanted.



THEN I FOUND NO

- **Hell no - don't 'help' me by grabbing my push handles without asking!!**
- **Hell no - don't make it possible for walking people to get into your event but not me!**
- **Hell no - don't talk to my partner instead of me because I'm using a wheelchair. I'm still here!!**

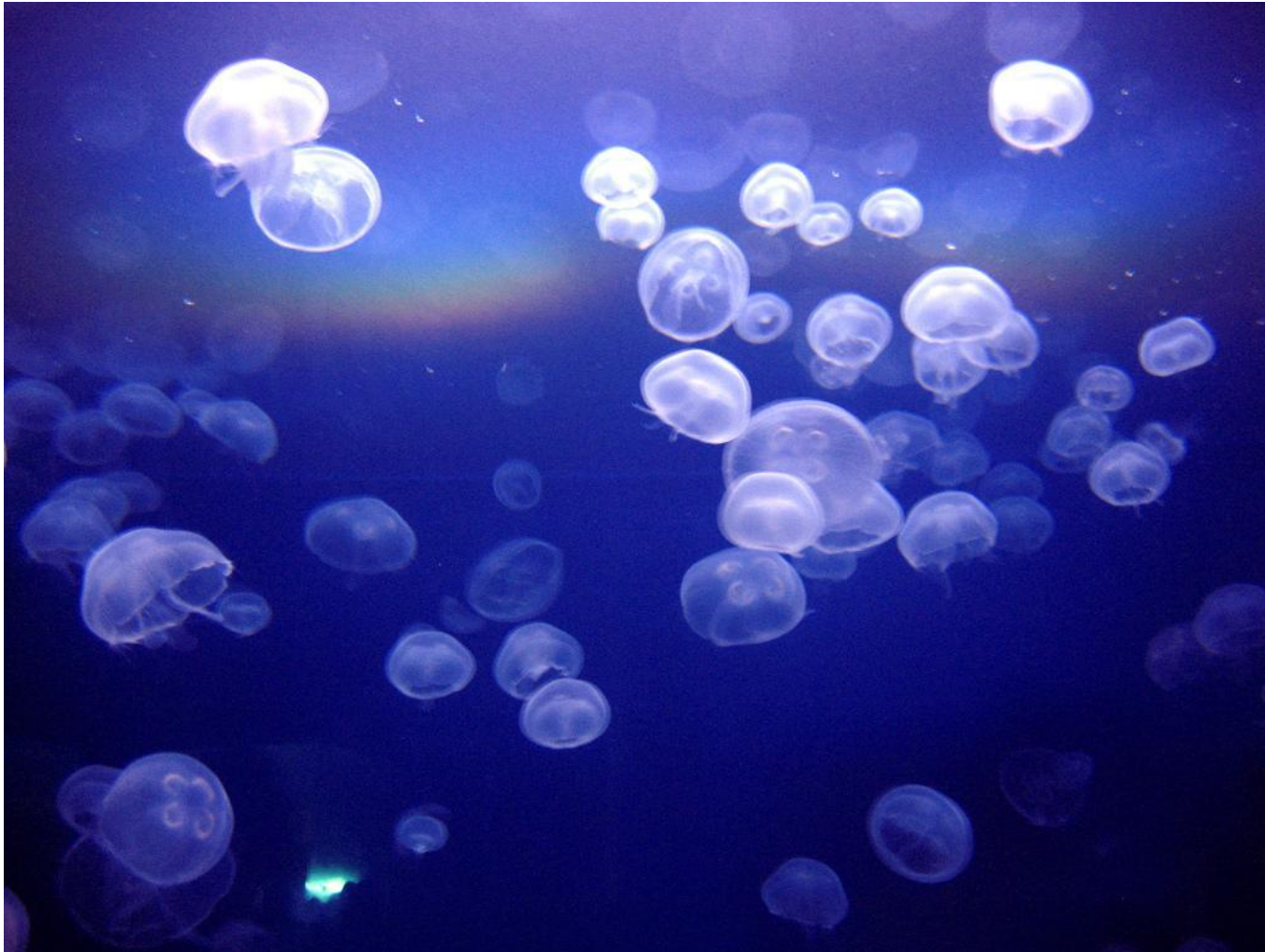
URGH, no.



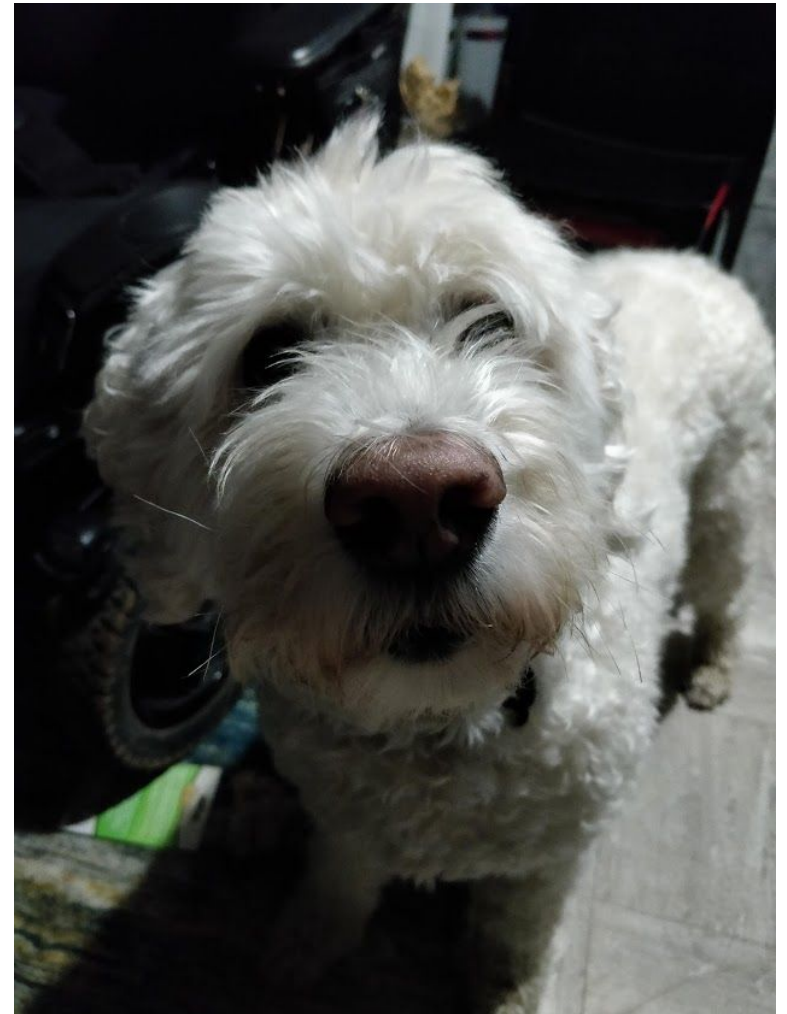
HELL YES!



URGH, no.



HELL YES!



URGH, no.



HELL YES!



EMBODIED BOUNDARY DISCOVERY

- Postures can help us work out whether we are feeling a yes or a no.
- This means that by getting into a yes/no posture we can get a better sense of whether or not we want something

We are going to do a quick exercise. We are going to get into a 'no' posture and I'm going to ask two questions and you're going to say 'no' to both of them. Try noticing in your body whether the 'no' posture and saying 'no' feels right or wrong to you when you answer each question. Then we will try 'yes'!



This is a posture that most people experience as 'no', but if there is one that works better for you, feel free to get into that one instead!

Would you like to step in
dog poo?

Would you like an
accessible, all expenses
paid holiday to a
destination of your
choice?



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SELF CONSENT SKILLS

Do I know how my body & mind signal yes, no and maybe? When do I miss those signals?

**ATTUNEMENT
TO SELF**

Do I have the skills to express needs / desires / requests / boundaries? Do I abandon myself around others?

**INTERACTION
WITH OTHERS**

Where in my life do I have choices I'm not exercising?

**Zone of
Influence**

Can I cope with experiencing difficult emotions? Can I self regulate and co-regulate?

**EMOTION
REGULATION**

Do I review when I've abandoned myself? Do I celebrate when I honor my needs, boundaries & desires? Do I plan for future success?

**REVIEW,
CELEBRATE
AND PLAN**

Do I know the difference between discomfort and danger? Can I discern historic patterns, triggers and distress from the present moment?

DISCERNMENT