



Conscious Life presents  
**HEALING TOXIC  
RELATIONSHIPS**

## **Let's Talk About Boundaries**

**Guest: Dr Betty Martin**

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**[00:00:09] Jaï Bristow**

Hello, and welcome back to this conference all about healing toxic relationships and cultivating healthy, happy ones instead. Today, I am very pleased to be welcoming somatic sex educator and the creator of the Wheel of Consent, Dr Betty Martin. Welcome, Betty.

**Dr Betty Martin**

Thank you. Thank you.

**Jaï Bristow**

Thanks for joining us today. I'm curious, let's get started, this theme of toxic relationships. What are your first thoughts? What does it evoke in you? What are some pitfalls to avoid when talking about this topic?

**Dr Betty Martin**

Oh, boy. That's a great question, or several great questions. The first thing that pops up is most of us seem to think that everybody else is toxic. I don't really know many people who come to me and say I'm having trouble. It's mostly the other person who's being a jerk, and I'm totally guilty of that. That's been my story. Maybe that's why I see it in others. But, yeah, I wonder what you mean by toxic, because that's a really strong word.

And there are, of course, relationships that are abusive in lots of different ways, and there are ways that we let ourselves be mistreated, and ways that we are mistreated even though we are not trying to let ourselves be mistreated. And there's a huge gradient, and then there's just not getting along well because we haven't figured out how to do that. Is that toxic? I don't know. I think that's just figuring out how to get along well. So I'm curious, in the overall program, how are you defining toxic?

**Jaï Bristow**

The tables have turned. I'm the one being asked questions. So, first of all, I think it's really interesting, the first point you were making about how quick we are to point the finger and how rare it is to actually, when we're in an unhealthy relationship or when we're noticing there's a lot of

conflict or there's a lot of nastiness, let's say, in different ways, shapes or forms, how quick we are to say it's the other person's fault or other people, depending how many people are involved.

**[00:02:46]**

And how rare it is to question, okay, what are my behaviors? What am I doing that is maybe contributing to this uncomfortable field between me and this other person or persons? And I think, like you say, toxic is a strong word. And toxic, like trauma, can mean a lot of different things, and I think it can be a scale, right? And on one end, you have very abusive, dangerous, violent, painful relationships.

And on the other hand, you have normal, bumbling humans who are just trying to do their best and who, because of the complex nature of our humanity, most of us have some form of trauma or some form of unhealthy communication, and we're not taught to always self-regulate or how to be in relationships, right? And we're all imprinted by our early relationships with caregivers and family members, but most of those people haven't done that much trauma healing work and are just bumbling along and passing down stuff and then we're taking it on and we're all a bunch of bumbling fools doing our best.

**Dr Betty Martin**

Yeah, that's true. We are. And what constitutes a bumbling fool changes by generation. What my parents considered good, conscientious, loving parenting is different than it was when I was raising my kids. And of course that's going to happen. That's natural. So it doesn't mean that one set was necessarily toxic, but it just means that there's different standards in different cultures as well. And I think that's, I'm talking about child raising and therefore in relationships as a whole. So yeah, what do we do with that? I don't know.

**Jaï Bristow**

Well, that makes a lot of sense, right? The way that, we could call it evolution, we could call it difference, but that we're not all relating the same way. And that these days, even the way that trauma has become a buzzword or that we talk about healing toxic relationships. Not that long ago, you wouldn't have been able to put an event on with that because it seems like what? It felt very niche or very like... And yet as we name and bring into the field all the trauma and toxicity and maybe we can remove away from the word toxic and just call it unhealthy.

All the unhealthy traits we have, the unhealthy patterns we have, the unhealthy relationships we have often as a result of trauma. And so if we focus on those unhealthy habits which are hopefully becoming lesser as generations go on and as we learn from each other, but not always. And again, if we think of toxic or unhealthy like on this spectrum, on one end, the extreme, abusive, very traumatic relationships, events, people sometimes, and on one end the sort of just we're doing our best and struggling.

**Dr Betty Martin**

Just trying to figure out because we don't have the skills.

**[00:06:11] Jaï Bristow**

Exactly. So let's maybe bring in some skills.

**Dr Betty Martin**

Okay, let's do it. And I'm just thinking, as I said that I'm thinking like what kind of skills? And I'm thinking, well, the skill to notice what you want and to trust yourself and to communicate, that is definitely a skill. The skill to notice what you're not okay with and to say no in a way that's respectful and also kind if the situation allows for that, that's a skill. The skill to notice, oh, that there's a difference between what you want and what you're okay with. That's a very important skill and a lot of people don't have that.

And to be able to distinguish between that, that's important. I'd say the skill to set aside what you want and be able to go with what someone else wants with a limited period of time. And the skill to put yourself first sometimes, not all the time, sometimes, so that you can receive a gift that the other person's giving you. That's definitely a skill. And of course communicating all those things is a skill. None of these skills I had when I was in my first couple of marriages back when I was really young, it's like I didn't know any of that.

And the skill to notice what is yours and what is not yours. And that's, I think, what we're going to talk about, is boundaries.

**Jaï Bristow**

I'm very curious about that.

**Dr Betty Martin**

The skill to notice, oh, I'm mad at you because you did XYZ. That anger is mine. That's not yours. You didn't even necessarily cause it. I'm mad at you because of all kinds of reasons that may have been brought to the fore by something you did. But really, once I dig down into it and have the support to really go into what I'm really mad about, I'm mad about it because my dad said blah blah, blah or my mom said blah blah, or my neighbor. And that's another skill to be able to attend to your own thoughts and feelings in a way that you take responsibility for them instead of trying to avoid them so you throw it all on somebody else.

**Jaï Bristow**

Yeah, that's super.

**Dr Betty Martin**

Yeah, lots of skills.

**Jaï Bristow**

There are lots of skills you've named there. And I know that a lot of the skills that you were mentioning, that kind of figuring out what you want, how to communicate that, figuring out what you don't want, and learning to say no to things, figuring out the difference between what you want and what you're okay with. All these things are at the foundation of your work with The Wheel

of Consent. So if people want to explore more around those skills, I strongly recommend they check out your work because it's fantastic and it's supported me a lot in my own personal relationships.

**[00:09:43]**

But I'm really intrigued to hear you talk more about this skill of taking responsibility for what's yours and what's not, especially emotionally. And it's really interesting because it ties in very well, of course, with what you said at the beginning when I asked about toxicity and you were saying how quick people are to point the finger at other people. And so this taking responsibility instead of you're making me angry, oh, I'm experiencing a lot of anger. And you talked about boundaries, so maybe we could just define what you mean by boundaries.

**Dr Betty Martin**

Talk about boundaries.

**Jaï Bristow**

Let's talk about boundaries.

**Dr Betty Martin**

Yeah. And just to be clear, when I say a lot of people are quick to point the finger to everybody else being toxic, I'm talking about me. I have done that. I still do that sometimes. So let's be clear that we're not pointing still at somebody else.

**Jaï Bristow**

I appreciate you naming that and recognizing the sort of humanity that we have. We started saying the end of the spectrum, we're all a bunch of bumbling idiots trying our best and that it takes work and we can move across the spectrum more towards that end. And yet we're not going to be perfect and it's okay to make mistakes, but it's about practicing and doing our best to learn from each other and from our mistakes and hopefully growing from that.

**Dr Betty Martin**

I'm going to make a bumper sticker, we are all bumbling idiots doing our best. Bumbling fools, I think you said. Anyway, so, boundaries. There's a problem with the word boundaries and that is that when two people say it, they probably mean different things. Or it's a word that's used in many different ways. So sometimes people will say boundary, as in this is something I'm not willing to do. That's my boundary.

Or sometimes they'll say that's the boundary of my property, that fence over there, or sometimes they'll say you touched me without asking. You just crossed a boundary. Or I'm mad at you because you did XYZ. That's a boundary for me. So the word boundary is problematic because it gets used for all kinds of different things. So I was thinking about this one time and I have a friend who has a wolf sanctuary. She takes in wolves that were born in captivity or that were captured without their parents or something.

**[00:12:29]**

And so she's raised these wolves and she's got a bunch of them. And each wolf family has its own area that's surrounded by a chain link fence. And then there's another area that has another family of wolves, another area, another family of wolves. And they can see each other through the fence and they can smell each other through the fence. However, they are peaceful as can be because there's a fence.

If those fences were to disappear, they would rip each other to shreds. So the problem is not that they know each other are there. What makes it work is that they each have their own territory or domain. And the domain is not the fence. The domain is the land to the dirt and the trees that are inside the fence. That's their domain. And they have a right to that area of land. And they also are very responsible. That's partly why they would fight over the edges, because they take care of their space. That's their responsibility, is that space.

So I started thinking about that idea of domain in regards to humans. What is that area or that space of things that I have a right to? And by golly, you try to take that right away, I'm going to bite you. These are also things that I'm responsible for. So what are the things that I as a human have a right to and a responsibility for? And they're the same things. If I have a right to it, I'm also responsible for it.

So I think of what is inside my domain as my body, my thoughts, my feelings and emotions, my dreams, my desires, my goals, my beliefs, my health, which of course is part of the body. My choices, that all these things are, and my fears, which are feelings, so that's the things that are inside my domain. And the thing about having a domain is that we instinctively know, oh, I have a right to this. We don't always realize that we're responsible for it.

So I have a right to my body. That includes the right to say whether you get to do XYZ to my body. It also means I'm responsible for my body. It's my job to tend to my health, to eat and whatever I need to do with my health. And that's my job. That's my responsibility. Same with emotions. I have a right to feel whatever I feel, and I have a responsibility for what I feel. They're mine. They happen in my body, in my nervous system. They're mine. They belong to me. You don't get to tell me what I should feel and what I shouldn't feel. Fuck that.

On the other hand, I don't get to blame you for what I feel because they're mine. There may have been something that you did that I didn't like, but that's not why I have feelings about it. I have feelings about it for lots of different reasons. And another one would be my thoughts. I have a right to think whatever I think. And I also have a responsibility to tend to my thoughts and to ponder whether they're really rational or whether they really make sense. What I do not have a right to is your thoughts and your feelings and your body. Those belong to you.

I also don't have a right to do whatever I want to do. Some people say, well, your actions should go in there. No, I do not have a right to do whatever I want to do. Thank goodness. There are limits of civility and not hurting other people that matter. So, I don't have the right to do what I want to do. So, imagine, if you will, kind of a circle or an amoeba shape or whatever shape you want. And inside of it is my domain, my body, my thoughts, my feelings, my goals, my dreams, my fears, my limits.

Now, what is a boundary? I think of boundaries as that fence that's around the domain. But you could think of it any other way. I mean, you could put another word to that fence. You could call it

the fence. Doesn't matter what you call it. But what matters is that I notice that there's some point at which something's not mine, it's actually yours. So here I am with my domain, and here you are with your domain, and now we're interacting in some way.

**[00:18:36]**

Well, the problem that often happens in relationship is, okay, I don't like the way you feel. I want to make you feel a different way. I have so totally done this, and I imagine everybody has. And it's very frequent in sex where I want you to get turned on in this particular way because I like that. So I try to get you turned on in that particular way. And if you don't, then I'm going to try something else. I'm going to keep messing with your domain because I want you to feel this way or I don't want you to feel this way. You shouldn't be mad about that.

Well, you're trying to mess with someone else's domain or, of course, doing something to someone's body without their full hearted happy agreement is also problematic. Most people know that, I think. And telling somebody what to think or what not to think is also problematic. There are limits to what we can do with what we think, of course. But telling somebody what to think, nothing would make me madder quicker than telling me what to think or what to feel. I'm like, fuck that.

**Jaï Bristow**

I can relate to that.

**Dr Betty Martin**

So we have this here's my domain and here's your domain, and we can give each other gifts. Oh, hell yes. And we can play and have a good time. But when we start telling someone what they should feel or try to get them to feel something else and I think this is where I got into a lot of trouble in my relationships, and I think it's very easy to do for lots of reasons culturally, is that I want you to be happy.

And so I'm going to do all the things that I think will make you happy that they may not. They may or may not. And I can't actually make you happy. I can't make you anything. I can contribute to the likelihood that you might enjoy something. That's great, but I'm not responsible for how you feel about it.

So, boundaries. How does that fit? So what I've just described, which I'm calling a domain, some people would call boundaries, and that would be fine. And I think that's the way it's often used, to mean this is the limit. That belongs to you, this belongs to me. And there are lots of people that describe this in other ways, just as good ways, probably better ways. So it's certainly not unique to me.

**Jaï Bristow**

I was just going to say what a fantastic framework it is. It's so clear and I love the metaphor with the wolf domain. And it's really clarifying when it's put like that. This idea, and I don't think it's talked about very often, this idea that you have what's yours and that you have a right to that, to all these internal things, whether it's what you eat, what you feel, what you think, it's all internal, and that is your right, but it's also your responsibility.

**[00:22:18]**

And so often we don't put those hand in hand, and it's so important, I think. And then equally, the same way that you have your domain and all your internal goings on are your right and your responsibility, so is everyone else's. And in a conversation which, again, seems obvious and yet so often isn't, and in a conversation with Ali Hendry we were talking about the difference between rules and boundaries and so, which people mix up, often people think a boundary is saying, you're not allowed to do that, for example.

But with this framework that you've just given us, I think it's a really helpful way of understanding that difference between rule and boundary, which is a boundary is taking responsibility for your domain, whereas a rule is imposing something on someone else's domain, or sometimes it's to do with actions as well.

And that also makes sense in this framework, the difference, why what's internal, what's within the domain, what's within you is right and your responsibility. But anything that goes outside of your domain, like actions, which have an impact on other people and have an impact on your environment, then that becomes more complex, that isn't within your right and your responsibility.

**Dr Betty Martin**

Right.

**Jaï Bristow**

But that idea, like you say, so you totally have the right to think whatever you want to think, whatever it is. Worst possible thoughts you can imagine. Your right to do, but also your responsibility with what do you do with those thoughts? And it's not your right to act out those thoughts. It's not your right to act out all those emotions because then you're having an impact on other domains. So I really love this as a framework.

**Dr Betty Martin**

Great, thank you. There's another thing that belongs inside your domain, and that's your choices and the limits you set. So I think of limits as being what I'm not willing to do. So you may say, will you drive me to the airport? Sure, I'd be happy to do that, but not after midnight, that's the limit. Like, I'd be happy to do that, but not this. Or yes, I'm happy to give you a back rub, but only for ten minutes because I'll get tired. Or yes, you can feel me up, but only with my clothes on. Or yes, you can play with my hair, but don't pull it. Or, will you help me carry these things? And yes, I'd be happy to do that.

So there's ways that we give each other our time and our attention and our help, and there are limits beyond which we cannot or choose not to go.

**Jaï Bristow**

Of course.

**[00:25:13] Dr Betty Martin**

I can help you carry your couch in, but I'm very limited because I'm not very strong. So there's things that I would be happy to do, but I can't do. And there's other things which I'm okay doing for a little while, and there's other things, no, I'm not going to do that. I'm sorry, I'm not available. That's what I think of as a limit. A limit basically says, this is what I'm a no to. And that also is a right and a responsibility.

**Jaï Bristow**

100%. And I think that ties in really well with taking responsibility for your internal. So that's where the limits come from, right? It's like, I'm not going to do something that's going to put my health at risk, for example. And that's not saying no to someone on their boundary or on their domain. It's just I have this limit because I'm responsible for my health and I'm responsible for my well being and so I'm not going to put something that puts that at risk. And so that makes sense as well in that regard and having that as an extra part of this internal domain, the choices and the limits and being very clear on what that means.

**Dr Betty Martin**

Yeah. So, back to the word boundaries. Some people would use boundaries to describe what I have described as a limit. Other people would use boundaries to say what I have described as the edge of my domain. Are either of those right or wrong? No, they're just different ways we use the same word. And if you're having an argument about boundaries, it's very likely that you're using different definitions.

So I would check that out because I may be talking about what I'm a no to and you're talking about something else. And so it can get very confusing. And just like this conversation that you're describing about boundaries and rules, they're using that word boundary to mean a particular thing, which may be different than the way I use it. Doesn't mean that either of those are wrong. It's just different uses of the same word. We have many words.

Most words have more than one meaning. Most words that are interesting have more than one meaning. That's where this whole idea of domain came from. Because I noticed that people want to talk about boundaries, but they're talking about different things. So that's the way I think of boundaries.

**Jaï Bristow**

Wonderful.

**Dr Betty Martin**

And another thing I've noticed is that when you... So here we are back to our domain. Here's my domain, here's your domain. We're in relationship, we're playing. If I don't like the way I feel, I may try to put it over into your domain. Or I'm afraid to admit that there's something that I want. I want to do XYZ to you, but I don't want to admit that. So I'm going to try to slip it over here into your domain and see if I can get you to want it. Then I don't have to admit that I want it. I've done that. I imagine many of us have done that.



**[00:28:42]**

Or if I don't want to feel angry because it doesn't fit my self image, then one thing I can do is put it over into yours and try to get you to feel it instead because then I can be the righteous one. I've done that. I imagine a lot of people have done that. So I can take the things that I, or my decision, my responsibility, to set a limit and say no, if I'm afraid to do that, I can try to put it over here in yours and make you responsible.

Why did you ask me for that? You shouldn't have asked me for that. Why did you basically not read my mind? Well, guess how well that's going to work. I have done that. I imagine other people have done that. Yeah. So there's ways that if we want to avoid what's in our own domain, we can try to get somebody else to be responsible for it. We can blame somebody else for it. And yeah, I've been on both sides of that. I don't recommend it. And we've all done it.

**Jaï Bristow**

We've all done it.

**Dr Betty Martin**

Yeah.

**Jaï Bristow**

And this conference is about recognizing those patterns, recognizing those habits. It's not about blaming people for them like we said at the beginning. It's just supporting people in recognizing them because once you recognize it, then you can change the pattern. You can shift the pattern, you can interrupt the pattern, but all the while, you don't recognize it, you're on autopilot, just constantly playing it out and blaming everyone else for anything that goes wrong in your life.

**Dr Betty Martin**

Yeah. Why did you ask me for that? It essentially is asking I want you to read my mind, and I want you to read it accurately. I've never known that to work very well.

**Jaï Bristow**

No, I've tried that one a few times myself. It doesn't go so well.

**Dr Betty Martin**

The other thing we can do is reach over into their domain and try to mess with it. So, they feel sad. I don't want them to feel sad, so I reach over there and try to change it. I try to talk them out of it. I try to pat them on the head. I try to talk them out of it, all this stuff, because when they feel sad, then I feel sad or I feel threatened because now I think, oh, shit, they feel sad, so now they're going to leave me. Right? So that's all kinds of ways that we try to mess with each other's domain or we try to take what's in our domain.

And this is what I wanted to say, coming back to toxic relationships, is that when somebody tries to reach into our domain and tell us what to feel, think, or do, it's probably going to make you mad,

which is a good thing. Anger is a signal that you feel like someone has reached into your domain. Whether they actually have is a different question. But it's a signal that it feels like it. I've got my teeth out.

**[00:32:15]**

So it's a signal to pay attention to. Is there somebody who's trying to reach into my domain? And there may or may not be, because it's possible to get mad about nothing, but it's a signal to look at that and ask that. And if they are, it also can be a good indicator of something's really messed up here. They have been getting into my domain for years, and I have let them. Why? Well, because it felt safer. I didn't know that I had a right to my feelings. Or I was afraid they would leave and take the kids with them. That's a very valid fear.

I was afraid that they wouldn't like me anymore. I was afraid that they'd get mad at me. I was afraid that I would die alone. Of course we fear these things. But it's worth asking yourself, if you can, and I would encourage you to do so with some support, either a peer counselor or a therapist of some kind, this person has been reaching into my domain for years, why do I let them do that? And then as you start to gain the skills to say no, now you have a different problem.

Now you have the problem that they are used to you saying yes or used to you just going along with it and now you've changed the dynamic. Oh, shit. Now you are in trouble. So there's very good reasons for putting up with stuff. And as you gain the skill to not put up with stuff, if the person has good intentions and it's something that skills that you're working on together, great. And that's not always the case. There are times when somebody genuinely wants to control you and it's time to get out. And I imagine you have people talking about that.

There are other times when somebody is just asking for what they want and you are afraid to say no. That's a very different thing. That's a very different thing. So there's no way anybody else can know what's going on in your relationship but just to acknowledge that asking someone to change their behavior is very different than trying to control their behavior through tactics of fear. Because when someone asks for what they want, you can say no.

**Jaï Bristow**

Right.

**Dr Betty Martin**

Yeah. And as you gain the skill and learn how to say no, then the whole dynamic changes.

**Jaï Bristow**

Of course. Yeah.

**Dr Betty Martin**

Which is another way of saying as you start to take more responsibility for what's in your domain.

### **[00:35:49] Jaï Bristow**

I love everything you shared because there's a few really important threads. One of the things I like is when you feel angry that that's often a signal, not always, but often a signal that someone's impeding into your domain. I think of it as the alarm on the perimeter fence going off, sort of thing. And then you have to find out what's true. Did someone just accidentally come close to it? Or are people actually trying to cross the perimeter fence sort of thing?

And so I really like that. I like the idea as well, so often when people talk about crossing boundaries, it's a very negative thing, but the way you're describing it that sometimes it can happen from well intentioned, like I want you to feel better, it comes from a place of love but it's still really impactful and unhelpful for the person on the receiving end. And again, that's something I've done and received. And then again, that sense of once again, that taking responsibility.

So if we allow people to impact our domain, noticing that, questioning that, maybe, and learning to shift that and to repair the fences and keep people out a little bit more, say no, which is easier said than done. But I have a question because all this talk around my domain and right to, everything internal, and responsibility and yet it feels very individualistic. And I know that sometimes that can also be the root cause of a lot of issues and especially as the Relationship Conference.

So how does it work? How do we engage with each other? How do we remain in community and in co-responsibility? If we're thinking in this very sort of individual idea of my domain, the boundaries to my domain, not letting people impact my boundaries, not impacting other people's domains and boundaries and yet how do we still connect and create community and co-responsibility in that framework?

### **Dr Betty Martin**

That's a great question. Well, first of all, we do impact each other. Thank goodness. Of course we have an effect on each other. Yeah, thank goodness. So as you're saying that, I'm realizing, yeah, it is a model of individuality. And a lot of people will say that the secret to healthy relationship is becoming individualized enough so that you actually can then relate as two individuals. And I want to acknowledge that it's a pretty Western white approach.

And the kind of Western traditional white culture is that it focuses on the needs of and the rights of the individual. And a lot of other cultures focus more on the needs of the community or the needs of the family. So I want to acknowledge that. And I think there is, even though I'm describing it as individuals, there are of course things about which we share some responsibility. We share some responsibility for our relationship. We share some responsibility for our neighborhood and our community.

Yes, absolutely. And in order for that to thrive, we need to be able to communicate with our neighbors. I live in a cohousing community, an intentional community here. We have 18 households that are part of this community and we have to communicate with each other, of course. And part of doing that well means taking responsibility for things that I would like to see or other community members may or may not be willing to do that, do it that way.

And part of that is the skill of taking responsibility for myself. If I'm mad at my neighbor, I need to figure out why and if it's really about them or if it's really about something else. So I think the

principle of rights and responsibilities carries. I think that culturally we're going to have differences in what we feel responsibility for and what we are in fact responsible for.

**[00:40:51]**

Yeah, that's the closest I can come to that because I was raised in an individualistic culture and now I live in more of a community centered culture, and I'm trying to ponder the differences. Yeah. And I think everybody, we adapt these principles to our lives. How does this apply to me now? And I think self-responsibility still applies.

### **Jaï Bristow**

It's interesting because I'm someone who grew up very much in a community atmosphere and with community values, both my literal place of upbringing, I grew up in an intentional community and then also just in my life and being, I think, part of a bunch of marginalized identities. Often I felt that feeling of community. But in what you've shared, what I really hear is that responsibility for oneself, one's inner domain but that also, when you relate with someone, it creates a field, and that co-responsibility.

So if you're in a relationship with one other person, then together you have your own responsibility for your own internal domain, but then you have a co-responsibility for the relationship field itself. When you're in a family, whatever that looks like, or a community or something with more than two people or like a polycule or whatever dynamic, then there becomes a co-responsibility for that. And within that, you don't completely lose your individual responsibility.

And it can be very easy, as you say, for people to put things from their domain that they want into someone else's domain, as you were talking about earlier. And so, for example, if you're in a community and you have a strong desire for something or another, you're still responsible for naming that, for making that request without imposing it on people, and with taking into account the different domains, but also taking into account the collective needs, the collective field.

I think a really good framework for people to understand when it comes to boundaries and rules and emotions and reactions, having this kind of domain and how we're responsible and have a right to all our internal processes and feelings. And at the same time, I think it becomes a sort of more complex multidimensional map when we see, yes, we're responsible for all our stuff, but that's not all we're responsible for. We're also responsible for the wellbeing of the collective, of the community, of the fields of relationships we have with different people.

And so I can't just show up in a space and be like, I'm in my bubble. I'm not engaging with anyone. I have the right. Because, again, like you say, in the same way that we don't have a right to any action, I think sometimes we also don't have the right, without expressing it, to inaction. And I don't know if you'd agree with that one or not, but it's that sense of, like, when I'm in relation to other people, how am I impacting other people? How am I being impacted? And how can we find a sort of co-creation, a co-responsibility for the dynamic between us?

### **Dr Betty Martin**

Yeah. And that's when it gets really juicy.

**[00:44:30] Jaï Bristow**

It is.

**Dr Betty Martin**

Yeah. Thank you for bringing that in.

**Jaï Bristow**

Thank you.

**Dr Betty Martin**

I like what you said about we're responsible for ourselves and that's not the only thing that we're responsible for. I like that. Yeah.

**Jaï Bristow**

100%. Well, Betty, thank you so much for this conversation. It's given me a lot to think about, and I think it's a really excellent framework, which, like I said, I hadn't come across before, and I'll definitely be using both in my own life and maybe in future conversations as well.

**Dr Betty Martin**

Great. Thank you. It was nice to talk to you.

**Jaï Bristow**

Lovely to talk to you. How can people find out more about you and your work?

**Dr Betty Martin**

[Wheelofconsentbook.com](https://wheelofconsentbook.com). And [bettymartin.org](https://bettymartin.org).

**Jaï Bristow**

Fantastic.

**Dr Betty Martin**

Yeah. There's a book, there's free videos online. You'll find all that.

**Jaï Bristow**

Brilliant. Thank you again.

**Dr Betty Martin**

You're so welcome.