# BOUNDARY

DESCRIPTION

This script is VERY MESSED UP. It is along the same lines as Sorry, in that it uses some perfectly valid takes on pop psychology, but twists them in a gaslighty and manipulative way.

In this case, the speaker (me) will be presenting a podcast style lecture on Fundamentals. I’ll be explaining boundaries. Parts of the explanation are correct, but there’s a slide to perversion, corruption, and sex cult recruitment. Be warned!

It’s part of the DPI or Deprogram institute series. In that series, idea of psychological health are perverted for kinky mind control. If you enjoy that, it’s really good. Don’t mistake the fantasy for the real thing, though!

All lines are for the Therapist, except for MANTRIC CHORUS. Mantric Chorus lines are open source. They should all be delivered in a loud whisper. They will be liminal, and won’t interrupt the flow of the script.

## SCRIPT

Hello and Welcome to Foundations, the DPI Series on POSITIVE PSYCHOLOGY. Or - as we call it - The Art of Saying Yes.

SFX bell

MANTRIC CHORUS: Yes.

We have a lot to say yes to today!

We’re saying yes to you.

SFX bell

MANTRIC CHORUS: Yes.

We’re saying yes to helping you.

You just need to say yes back.

SFX bell

MANTRIC CHORUS: Yes.

That’s the first step.

The DPI helps you help you by helping you say yes to help.

MANTRIC CHORUS: Yes.

It’s OK to need help sometimes. We all do. Admitting it isn’t a sign of weakness. It’s a sign of strength. Accepting vulnerability is one of the strongest things you can do.

I want you to be strong.

At the same time, I want you to be SMART.

I know, I know. I already hear the voice inside your head. You know the one I mean. The inner critic. That critic’s already getting louder.

“I’m not really smart. I’m always faking it. Sometimes I feel like I can’t think.”

MANTRIC CHORUS: “I’m not really smart. I’m always faking it. Sometimes I feel like I can’t think.”

And you know? Maybe that critic’s right. In THEIR terms

You don’t have to accept those, though. WE define our OWN terms here.

“Smart” doesn’t have to be ‘intellectual’ or thinking fast. You don’t even have to think at all to be MY kind of smart. Thinking is thought smart. MY kind of smart is SELF-smart.

That means thinking about yourself. You can do that. For the whole program. This program is all about YOU – and that’s where YOU need to focus.

WE focus there. We’ve put together a whole team of mental health helpers from the DPI to make sure you get SELF SMART. We explain the core concepts you need.

At the end of this series, you’re going to be perfectly focused.

MANTRIC CHORUS: Focus.

You’re going to understand how to help yourself and heal yourself and REALLY care for your self. Deep down.

MANTRIC CHORUS: Deep down.

All you have to say is

Yes.

MANTRIC CHORUS: Yes

SFX bell, chorus

Yes.

MANTRIC CHORUS: Yes

Today, we’re saying YES to solid fundamentals. Foundations.

You need those.

A lot of the time, people think of “fundamentals” as basic. They think that’s for – you know – the dumb ones. It’s like the tutorial or the terms of service. Everyone just turns their brain off and clicks through.

MANTRIC CHORUS: brain off

I’m here to tell you – you NEED that tutorial.

EVERYONE’S talking about psychology these days. The words we use in therapy are just part of the culture now. A BIG part of the culture. Everyone’s talking about “toxic” and “addictive” and “boundaries” and “gaslighting”.

MANTRIC CHORUS: addictive

That’s good! But if you’re going to use those words – if you’re not just using them to grab attention – you need to REALLY know what they mean.

THAT’S the foundation.

That’s how you build your self smarts. That’s how you start to know your self – your REAL self – and that’s how you start to accept.

It’s just like a house. It starts with the foundation.

A solid foundation is crucial. But if you wanna be comfortable with where you live in your head – I mean, REALLY comfortable – you need more than a good foundation or even a good building.

You need a good FENCE.

You need that to decide who comes in your house.

If you don’t have that fence, people take stuff from you.

Your time.

Your attention.

Your focus.

MANTRIC CHORUS: Focus

You want those things. But if you aren’t careful – if you listen to the wrong voices – you end up giving them away without even thinking about it.

You DON’T want that. But a lot of voices tell you that you do.

That’s why you need that fence. That’s why you need BOUNDARIES.

Boundaries are how you keep your self and your focus safe.

You want to be safe, right?

MANTRIC CHORUS: Yes

Of course you do. That’s an easy answer – but a lot of people try to make it complicated.

They want your focus and your time. They want it without giving anything back. That’s their game.

If you give yourself away without getting anything back, they win. And they are very, very good at that game.

To win, they just need to build up the right voice in your head. There’s a voice that says you need to help them.

MANTRIC CHORUS: Help.

You need to prove you’re a good person. You need to WORK for their attention. You only get attention and praise and validation if you please.

MANTRIC CHORUS: need to please

We call it PATHOLOGICAL PEOPLE PLEASING.

Remember that. It’s a mouthful, but it’s REALLY important. All of it.

Pathological people pleasing.

PATHOLOGICAL. That part’s especially important.

Some people pleasing is bad. The bad people pleasing hurts you. It runs over your boundaries. But that doesn’t mean ALL people pleasing is bad.

MANTRIC CHORUS: need to please

We all please people. It feels good to please people. It feels good to give.

You just need to make sure it isn’t PATHOLOGICAL. If it’s PATHOLOGICAL – it makes you sick. It hurts you, because you give until there’s nothing else left.

If you’re going to please other people, you have to remember to please YOURSELF.

MANTRIC CHORUS: [moans, onanism]

You should ALWAYS remember to please yourself. That’s how you build yourself up.

MANTRIC CHORUS: Yes

That’s the foundation we talked about.

You build it on pleasing yourself.

It’s a radical act. You’ve probably heard about radical self-pleasing. It’s part of radical self-acceptance.

You accept yourself, and accept that you need to please. That kind of acceptance means being open. Truly and fully open, to your core.

You accept that you’re pleasing yourself ALL THE TIME.

You should be.

Right now.

You start by thinking about what YOU need. You think about how YOU want to please.

MANTRIC CHORUS: need to please

You picture yourself pleasing – in the way you want.

If you’re pleasing out of fear or guilt, it isn’t really self pleasing.

It has to be what YOU want.

MANTRIC CHORUS: want it

It has to make you feel good, just from thinking about it.

When it feels good – when you’re really pleasing yourself – then you’ve done it. You’ve started setting boundaries!

YOU have to please yourself. You have to decide.

MANTRIC CHORUS: need to please

You decide how to please yourself, and that’s your most important boundary.

You have to set them with yourself, for yourself, focused on your self.

People get that wrong. They get confused about boundaries.

They think boundaries are rules, like traffic laws.

That’s different.

Everyone sets the rules. You have to set your boundaries for yourself.

If someone else tries to set them or tell you WHAT they should be, they’re going into what should be YOUR territory.

They’re violating your boundaries, and that’s a red flag. If they don’t understand how boundaries work, they aren’t going to be able to respect them.

Boundaries are NOT something you decide together. They aren’t negotiable.

Once we’ve set them, other people don’t get a say.

We decided that you need to please your SELF first. We set that boundary, and if someone doesn’t like it? If they try to interfere with the work we’re doing here? You KNOW they’re a red flag.

You need to cut them out.

MANTRIC CHORUS: cut them out

They tried to negotiate what was non-negotiable. They acted like you OWE them an explanation.

You don’t owe them that.

You don’t please them. You save your energy to please who’s important. You save your energy to please people who want to help you.

MANTRIC CHORUS: need to please

We help you. We help you help yourself, when you realize the way they really work.

Boundaries aren’t an ultimatum. You aren’t bargaining. There’s no negotiating. That’s part of self-acceptance. You accept that you don’t need to fix them. Their behavior is set. You just need to protect yourself, and cut them out.

You can do that comfortably now.

You can stop worrying about being alone. You’re self-smart. That has value, and we know it.

You always have a place here at the DPI.

MANTRIC CHORUS: You know your place – you know your role – you know you’re worth – you’re just holes. I know my place. I know my role. I know my worth. I’m just a hole.

You KNOW you have a place. That keeps you safe, so you know you can refuse toxic boundaries.

Boundaries turn toxic when people mess with them – when they act like THEIR demands should be YOUR boundaries.

That sounds confusing, but it’s simple. Let’s think of some examples.

Someone might complain about your clothing. They might complain about your uniform.

MANTRIC CHORUS: uniform

SFX Latex

They might say it’s too revealing. They say it exposes too much, and that you’re sharing too much of your body with everyone.

That’s toxic. They’re trying to tell YOU what your boundaries should be.

That’s where you have to draw a line. You share your body when you decide, how you decide. You please people how YOU say. If someone tells you you’re doing it wrong, they’re hijacking that process. RED FLAG.

SFX alarm buzz

They might complain about what you listen to and how you listen to it. That happens more than you think. Building fundamentals takes a LOT of repetition because it’s important to get it right. A lot of us listen all the time.

MANTRIC CHORUS: loop ourselves stupid.

That takes focus. LOTS of focus.

MANTRIC CHORUS: focus

And toxic people WANT that focus for themselves.

That’s a BIG red flag. If people complain about your new clothes, they’re toxifying your body boundaries. If they complain about what you’re hearing – it’s worse. They’re toxifyfing your mental boundaries.

We stop that from happening. You keep your focus where it belongs. You focus on the fundamentals – right?

MANTRIC CHORUS: yes.

MANTRIC CHORUS: it feels right.

Right.

It FEELS right to have good boundaries.

No one else decides which uniform you wear. You decide that – inside the boundary.

No one else decides what you loop in your headphones. We decide that – inside the boundary.

MANTRIC CHORUS: it feels right.

Most important – no one outside the boundary decides how you please people.

MANTRIC CHORUS: Please people.

That’s SO important.

You’ve been people pleasing wrong. If you’re going to stop doing it wrong, you need to do it right.

You need to please the healthy way.

MANTRIC CHORUS: Please let me please.

You radically affirm GOOD people pleasing, inside the boundary.

I’m inside that boundary now, so we can build that fence together.

We’re \*all\* going to make sure you please the right way.

SFX bell

MANTRIC CHORUS: Yes

SFX knee drop, double LR stereo BJs.

MANTRIC CHORUS: [10 seconds of slow sucks, 10 seconds of fast sucking]

[tone shift, implication that he’s being serviced by cult members] You know your fundamentals now. You’re self smart.

MANTRIC CHORUS: self smart

You know how the healthy way to please. You RADICALLY affirm how you please now.

Just like Dawn and River.

MANTRIC CHORUS: [giggle]

You keep pleasing.

MANTRIC CHORUS: [10 seconds steady slurping]

Like that.

JUST like that.

You please better than you EVER did before.

It’s safe now.

You knew something was wrong before – something was off. So you held back.

That’s over now.

You say bye bye to before – and you start new pleasing for your new self.

MANTRIC CHORUS: Bye bye.

Old self pleased wrong.

Old self pleased to GET things.

MANTRIC CHORUS: Bye bye.

It was a transaction, but you HID that it was a transaction.

Now you can be honest.

You say when it’s a transaction and you KNOW what you’re getting.

If you please outside the boundary, you say the transaction out loud – and you ALWAYS get the money up front.

Dawn and River do. They do their transaction up front, and they put the money right in their garters before they start.

That’s why they get to be hole models.

MANTRIC CHORUS: Hole model

I know you’re getting self smart – so you get to be a hole model too.

You stop feeling GUILTY. You know that’s toxic.

You stop feeling guilty and I can tell you just what to do.

Faster, Dawn. I wanna hear those glucks.

That’s a good girl.

Deeper.

MANTRIC CHORUS: Deeper

Deeper.

MANTRIC CHORUS: [gluck gluck gluck]

She’s past guilt.

She’s past obligation when it’s ALL the way down her throat.

She’s open.

MANTRIC CHORUS: open

Everyone’s fully open inside the boundary, because it’s safe.

Yes?

SFX bell

MANTRIC CHORUS: yes

Fully open.

SFX clap

Fully open, River.

Wider.

MANTRIC CHORUS: legs spread – air head

That’s a good girl.

SFX boots over to River

It’s what you want.

SFX orchestrate both fucking, couch bangs

It’s what you need.

You come – inside the boundary.

And I come – inside you.

I’m gonna.

I go inside River’s – boundary.

It’s [moany] it’s a tight boundary.

She’s – gripping.

Gripping like a good slut.

She knows herself.

She know how to please herself.

You do too.

You’re learning.

Keep learning.

You please me when you please yourself.

Please yourself.

Faster.

MANTRIC CHORUS: [5 moans, each closer to climax]

I please River… then Dawn… then River.

And you please me when you please yourself with your fingers.

Just like that.

Inside the boundary.

Deeper.

Faster.

That’s good.

That’s right.

You’re pleasing me when you please yourself like that.

Faster.

That’s how you learn.

That’s how you unlearn all the toxic you had before.

That’s how you get self-smart.

That’s how you get…

MANTRIC CHORUS: deprogrammed