



## 68. boundaries

*“Half the people in the world have never made a phone call... half.” - William Esrey*

Let's say you've got someone in your life who calls every day to keep you up on the latest gossip. Let's say as well that you are screwing up the courage to try something you've wanted to do forever, like write a book, for example. What's easier? Writing the book or listening to gossip? At this stage in the being yourself game? Gossip, really, let's be honest here.

If you are feeling driven to write that book, do yourself a favour and turn off the ringer. This takes practice. If you see the message light blinking, do not check the messages until you have finished your writing for the day. Even if you didn't write anything, make yourself wait for an hour. This will help break the habit that you are a slave to the telephone. You are defining your own personal space by controlling your telephone addiction. Same goes for email. Check it before or after, but never during the time you have devoted to yourself.

About two weeks ago I turned the ringer off (after warning my loved ones) and people stopped calling. I turned it on for a couple of days and guess what? Three telemarketers. So I turned it off again. Now I leave it on, but with the brilliant invention of call display, I choose when to answer.

