



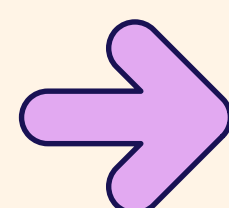
• A Formula for Boundaries that Teach, Not Threaten •

Part of
The Celestial Bond Method™
Parenting Toolkit

Boundaries are not punishments.
They're clear maps that keep everyone safe: body, mind, and connection.

IF...

STATE WHAT'S HAPPENING
WITHOUT JUDGMENT



If pajamas aren't on by 8:00...



If you use hurtful words...



If homework isn't finished
before dinner...



- Start by naming the rule with warmth and certainty.
- Use steady tone and simple words.
- The goal is containment, not control.

THEN...

THE CONSEQUENCE
FITS THE CAUSE



- Explain what naturally follows - not what you'll do to them.
- Stay matter-of-fact: no shame or threats.
- Follow through calmly and consistently.

Then we won't have time for an extra story tonight.



Then I'll pause the conversation until we can speak kindly.



then it moves up before screen time begins.



IF... THEN... WHEN...

Keep your tone slower than theirs.

Enforce with calm body, not loud voice.

Always circle back for reconnection.

- Each "If" names reality with steadiness.
- Each "Then" provides structure that restores safety.
- Each "When" invites belonging back in.

- Welcome them back when regulation returns.
- This teaches that safety and love are never revoked.
- Notice their progress to build self-trust.

When you're ready on time tomorrow, we'll get both stories.



When your words are respectful, we'll figure this out together.



When it's finished, screens can turn back on.



QUICK TIPS

WHEN....

CONNECTION IS ALWAYS
THE FINISH LINE



HOW IT FITS IN
THE CELESTIAL
BOND METHOD •

The If / Then / When formula lives at the very top of the **Pyramid of Celestial Self** in the Mars Layer - where emotion becomes motion and impulse becomes visible behavior. When unmet needs from the Moon, Sun, or Rising climb upward, Mars carries them into the body by shouting, slamming, refusing, or running.

After co-regulating, this formula is a way to meet that energy without fear or punishment. Used with consistency, this rhythm rewires how the body and brain experience boundaries. Because when Mars is met with empathy and clear leadership, its fire becomes fuel that helps meet the self's deeper needs - through drive, focus, and courage instead of chaos.

