

What's a "Bbailey"? Bailey is the name of our family's ~~the 14-14-year-year-old~~ Rat Terrier ~~in our family~~. It's The word also means the outer wall of a castle. Now let's apply the concept to human beings: ~~You since individuals effectively function are your as their own~~ castle, the bailey is only as strong as ~~you any particular person~~ makes it. ~~So,~~

The upshot? ~~Define, practice and stick to~~ your boundaries. ~~Then, practice them and stick to them—make the bailey~~ Construct a strong and impenetrable bailey.

Gatekeepers provide an invaluable service. Yet ~~Choice~~ is a powerful force; ~~and~~ what you choose to acknowledge, ~~you are letting breaches through~~ the bailey. ~~Gatekeepers provide an invaluable service. Our~~ A person's internal gatekeeper, ~~by practice,~~ may allow information ~~lets many things~~ in that ~~may be~~ is better kept out — or ~~maybe~~ even let ~~thing~~ them in too soon.