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PILGRIMAGE

Abstract

Despite the different types of pilgrimage (internal, moral and place pilgrimage), they all involve movement and an engagement with the sacred. Anthropological research has focussed mainly on place pilgrimage and this entry begins by outlining the social and economic processes which have encouraged to growth of this form of pilgrimage since the 1960s. It then proceeds to discuss both religious and non-religious place pilgrimage around the world and illustrates these pilgrimages through particular examples. Key changes in the anthropological study of pilgrimage since the 1970s are considered next and the entry concludes by outlining two promising avenues which researchers are exploring – (a) alternatives to the dominant constructivist approach and (b) attempts to break down the boundaries between Anglophone and non-Anglophone pilgrimage research.

Introduction

Discussing pilgrimage across cultures is complicated because it is an English word for which there is no strict equivalent in some other languages. Furthermore, the meaning of the English word varies according to context and even within a particular religious tradition such as Roman Catholicism there is no one definition of pilgrimage. Contributors to Roman Catholic theological debates over the centuries have acknowledged the popularity of place pilgrimage, i.e. travel to and from sacred places (shrines) and performance of rituals at these sites. Yet, they have also spoken of the importance of internal pilgrimage practiced by monks, nuns and mystics, as well as moral pilgrimage where people (lay and religious) practice obedience to the Church's teaching in their everyday lives. What is common to these three types of pilgrimage is the process of movement and an engagement with the sacred which involves an interaction between place, person and a variety of practices involving, for example, the senses, material culture, oral and textual traditions.

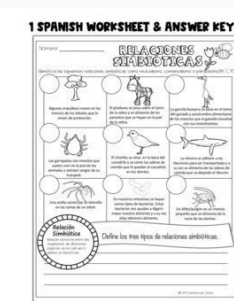
Place pilgrimage has been the main focus of anthropological research, although recent studies of cybergilgrimage have revealed striking similarities with internal pilgrimage such as the more individualized and solitary nature of internet engagement. While place pilgrimage has been studied in the context of world religions, it is clear that pilgrimage involves far more than religious processes. Careful attention has to be paid to the relationship between religious and non-religious (economic and political) processes. It has also become clear that although many people may make sharp distinctions between "pilgrims" and "tourists", for example, these are not necessarily reflected in what people say and do. Motives, meanings and practices co-exist in ways that reveal both consistency and inconsistency, clarity and ambiguity. Furthermore, as pilgrimage has diversified, anthropologists have looked beyond conventional religious pilgrimage to other forms, such as "spiritual pilgrimage", "alternative pilgrimage" or "secular pilgrimage". Clearly, the attraction of sacred places and the people and practices associated with them cannot be analyzed only in terms of institutional religion.

Social and economic context

Two processes have played crucial roles in widening pilgrimage beyond the religious arena, viz. the rapid expansion of a global travel and tourism industry from the 1960s and the growth of mass education. An increasing number of people enjoyed freedom from work and were able to travel beyond the traditional seaside destinations created during European industrialisation and urbanisation. Although the growth of the "package tour" still took people to seaside destinations "abroad", people were also organizing their own holidays and

Dysfunctional Family Roles

- The Hero** is typically the oldest child and is often described as confident, capable, mature, helpful and organized.
 - The Pleaser** is typically a girl and may also be the oldest child. She is often described as caring, compassionate, giving and a good listener.
 - The Rescuer** is typically the second child and is often described as loving, helpful, devoted, capable, healthy and obedient.
 - The Lost Child** seems to fall through the cracks about disappearing at times. They are often described as quiet, shy, sensitive and passive.
 - The Scapegoat** is typically the youngest child and is often described as angry, rebellious, sensitive, fearful and playful.
- Do you recognize these roles in your family?



Boundary Worksheet 1 Name _____

Write each of the colors below. What do they stand for in the Boundaries Circle picture?

1. Blue 2. _____ 3. _____ 4. _____

Family _____ _____ _____

Define the words below. Give examples for each.

1. **Family** - _____

2. **Friends** - _____

3. **Acquaintance** - _____

4. **Stranger** - _____

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Types of relationships in a family. Types of relationships used in database.

Setting Boundaries in Difficult Conversations This worksheet, also featured in the Positive Psychology Toolkit, will help individuals feel more capable and less fearful when they need to speak up for themselves and verbally set personal boundaries. After learning from this worksheet, you can explore your own boundaries with the supplementary exercise, also from Therapist Aid. Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries. A Take-Home Message Setting healthy boundaries is a crucial part of life and an important aspect of any self-care practice. Issues in Mental Health Nursing, 38(11), 956-963. In other words, healthy boundaries can be the difference between a healthy, happy relationship and a toxic, dysfunctional relationship. Establishing healthy boundaries. In pursuit of wellness: The self-care imperative. In general, the key to setting boundaries is first figuring out what you want from your various relationships, setting boundaries based on those desires, and then being clear with yourself and with other people about your boundaries. (2016, December 8). Healthy boundaries can help manage demands on people's time, not just malicious or thoughtless demands on one's time or emotions. Finally, boundaries can be important in parent-child relationships. Self care skills for relationships. This worksheet explains the difference between rigid, porous, and healthy boundaries and the different areas in which one might set boundaries, and sexual boundaries. Retrieved from Cloud, H., & Townsend, J. (2015, August 22). Professional Psychology-Research and Practice, 38(6), 603-612. Retrieved from Prism Health North Texas. Building Better Boundaries This is less of a worksheet than it is an entire workbook (it's more than 60 pages), but it can facilitate a deep dive into the topic of boundaries. What Are Healthy Boundaries? These detailed, science-based exercises will help you or your clients build healthy, life-enriching relationships. RN, 55(3), 19-22. Grand Rapids, MI: Zondervan. More generally, the consequences of not setting healthy boundaries often include "stress, financial burdens, wasted time, and relationship issues, which can cause mental distress" (Prism Health North Texas, n.d.). How to develop age-appropriate boundaries in children. Someone who's not used to setting boundaries might feel guilty or selfish when they first start out, but setting boundaries is necessary for mental health and well-being. Sabin, J.E., Harland, J.C. (2017). Boundaries In Relationships Boundaries in relationships can be especially important. Healthy Boundaries, Healthy Children This worksheet is not for children, but rather for parents who want to teach their children about boundaries. Katherine, A. For example, one research paper looking at self-care in new mothers highlighted a "willingness to delegate and the ability to set boundaries" as an important practical application of self-care (Barkin & Wisner, 2013). How to Create Healthy Boundaries This worksheet also describes different types of boundaries one might set and also offers tips for setting those boundaries. We hope you enjoyed reading this article. It teaches the reader what boundaries are and how to set them in different situations. Respect is a two-way street, and appreciating the boundaries others have set for themselves is as important as setting boundaries for oneself. This article will discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children. Boundaries in Marriage. My Boundary Response Plan This worksheet, featured in the Positive Psychology Toolkit, guides the user through the setting of implementation intentions to help them stay calm and address the situation when personal boundaries are being crossed. For example, a woman in the middle of packing up her house for a move might not let a friend who dropped in unannounced stay too long—that way she can get done what she needs to get done (Katherine, 2000). Don't forget to download our three Positive Relationships Exercises for free. Teachers are not the only professionals who can benefit from healthy boundaries. It is also crucial to only declare consequences that one is willing to follow through on, or else the boundaries will not be effective. Midwifery, 29(9), 1050-1055. Healthy Boundaries Worksheets (PDFs) For people who want to learn more about boundaries, here are some worksheets that deal with healthy boundaries and how they can affect one's life. Retrieved from Cairns, D.M. (1992). Instead of setting a boundary by saying something like, "You have to stop bothering me after work", a person can say, "I need some time to myself when I get back from work." Another important thing to remember is: "It is impossible to set boundaries without setting consequences" (IPFW/Parkview Student Assistance Program, n.d.). "When one person is in control of another, love cannot grow deeply and fully, as there is no freedom" (Cloud & Townsend, 2002). How easy is it for you to set healthy boundaries? Parents can choose whether to respect a child's proposed boundaries (they might reject some boundaries for safety reasons, for example), but it is important to be clear about the boundaries they do intend to respect in order to build trust with their children. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. That is, one person's healthy boundaries with a romantic partner will be very different from that same person's healthy boundaries with a boss or coworker. That's because "in work or in our personal relationships, poor boundaries lead to resentment, anger, and burnout" (Nelson, 2016). Bernstein-Yamashiro, B., & Noam, G.G.

(2013). For example, declining physical contact from a coworker is setting an important boundary, one that's just as crucial as setting an emotional boundary, i.e., asking that same coworker to make unreasonable demands on your time or emotions. Setting boundaries can have many benefits, including helping people make decisions based on what is best them, not just the people around them. In the case of people in relationships who also have children, boundaries can be particularly important. This worksheet is particularly useful for running a small-group exercise but can also be completed one-on-one with a facilitator. In the context of recovering from substance abuse, self-care can include "meaningful connection with recovery support and children, taking care of physical health, maintaining spirituality, healthy eating, exercise, journaling, continuing education, staying busy, sponsorship, establishing boundaries, self-monitoring, abstinence, and dealing with destructive emotions" (Raynor et al., 2017). New York: Fireside. (2017, May 25). Current Psychiatry Reports, 19(9), 55-62. Protect yourself: Set boundaries. Not overexplaining is a crucial aspect of setting boundaries, as everyone has the right to determine what they do and do not want to do. Barnett, J.E., Baker, E.K., Elman, N.S., & Schoener, G.R. (2007). Do not feel that you need to explain" (Kairns, 1992). Scottsdale, B. Another way to think about it is that "Our boundaries might be rigid, loose, somewhere in between, or even nonexistent. Exploring self-care and preferred supports for adult parents in recovery from substance use disorders: Qualitative findings from a feasibility study. The fact that boundaries are important in relationships underscores the importance of setting and respecting boundaries. As for how to exactly set these boundaries, "Say 'no' simply but firmly to something you do not want to do. The role of maternal self-care in new motherhood. For example, parents might ask their child never to enter their bedroom without knocking first, in order to maintain some privacy. Some teachers say that setting boundaries helps them avoid burnout and stay in the profession longer (Bernstein-Yamashiro & Noam, 2013). We'd love to hear your thoughts in the comments section. It's important to understand and respect each other's boundaries in a long-term partnership, just as it's important to respect the boundaries of people whom one does not know very well. (2017). Retrieved from The purpose of setting a healthy boundary is, of course, to protect and take good care of you" (n.d.). This is an excellent starting point for parents who are not sure how to set appropriate boundaries for their children. Another example would be a new mother asking her partner to take on more responsibility with their baby (such as giving baths, going to the park with the baby, and so on) so that she can have more time to herself (Barkin & Wisner, 2013). This autonomy is an important part of self-care. In other words, a lack of healthy boundaries can negatively affect all aspects of someone's life. Another way teachers can set boundaries is by telling themselves that they will not hold themselves responsible for every aspect of their students' lives. Professional ethics for digital age psychiatry: Boundaries, privacy, and communication. Setting boundaries is an important part of establishing one's identity and is a crucial aspect of mental health and well-being. A new mother who can set boundaries with her partner in order to respect her needs will likely be better off than one who cannot, and this will help the relationship too. One example would be a person asking their partner for one night each week alone, as opposed to seeing each other daily. Do you have any tips for setting and respecting healthy boundaries? Healthy boundaries can serve to establish one's identity. New Directions for Youth Development, 2013(137), 69-84. One way that therapists can set clinical boundaries is by not connecting with their clients on social media (and being clear about this rule) so that they do not mix their professional responsibilities with their personal lives. Setting boundaries with difficult people. Before you continue, we thought you might like to download our three Positive Relationships Exercises for free. For more people to experience greater well-being and fulfillment, they must learn about healthy boundaries. For example, teachers can tell their students they do not want to hear their students talking about illicit activities in the classroom. Healthy Boundaries and Self-Care Healthy boundaries are a crucial component of self-care. This goes for parents, children, romantic partners, bosses, coworkers, and anyone who interacts with or has power over anyone else. What are Personal Boundaries? However, too many boundaries can also be an issue, as in the case of people who refuse to spend time with the friends and families of their partners. The article explains how using the word "no" can establish early boundaries for toddlers, and also explains the importance of extending trust to adolescents when they have earned it. Appropriate boundaries can look very different depending on the setting, and it's important to set them in all aspects of one's life. Children might ask their parents to never read their diaries or journals so that they can maintain some privacy of their own. (n.d.). People can also set boundaries with their friends—even well-meaning ones. Of course, professionals are not the only ones who need to practice self-care by setting healthy boundaries. Retrieved from IPFW/Parkview Student Assistance Program. Specifically, healthy boundaries can help people define their individuality and can help people indicate what they will and will not hold themselves responsible for. Nelson, D. Cleantis, T. Finally, while setting boundaries is crucial, it is even more crucial to respect the boundaries that others have set for themselves. This means that when setting boundaries, it is important to explicitly state why they are important. Boundaries Worksheets for Kids and Parents (PDFs) Teaching children the importance of boundaries is a crucial part of parenthood. A lack of boundaries can lead to an unhealthy relationship because one partner may feel that he or she has no privacy anymore (Hall Health Center Health Promotion Staff, 2014). Retrieved from Raynor, P.A., Pope, C., York, J., Smith, G., & Mueller, M. In general, "Healthy boundaries are those boundaries that are set to make sure mentally and emotionally you are stable" (Prism Health North Texas, n.d.). Barkin, J.L., & Wisner, K.L. (2013). Boundaries This worksheet will help children differentiate between rigid, clear, and fuzzy boundaries, and will also help them think about boundaries in their own lives. Here are some worksheets and other resources that parents can use to teach their children (and themselves) about the importance of boundaries, both between children and their parents and between children and other people. While boundaries are often psychological or emotional, boundaries can also be physical. How To Set Personal and Emotional Boundaries The first part of setting boundaries is examining the boundaries that already exist (or are lacking) in one's life. It explains the importance of setting boundaries for children, then gives tips on how to teach them about boundaries. A complete lack of boundaries may indicate that we don't have a strong identity or are enmeshed with someone else" (Cleantis, 2017). For example, a woman might decide that she has healthy boundaries with her romantic partner, but not with her friends and coworkers. This brings up another important point: Keep the focus on yourself (IPFW/Parkview Student Assistance Program, n.d.). To start out, we'll look at professional boundaries. Teachers can also begin each school year by telling students what they are and are not comfortable with. Boundaries and Expectations Exercises Livestrong.com provides helpful information on establishing boundaries that can be accessed here (Scottsdale, 2015). One good way to avoid crossing someone's boundaries (and to avoid having one's own boundaries crossed) is to have honest conversations about boundaries with people. Where to draw the line: How to set healthy boundaries every day. Self-Care 101: Setting healthy boundaries. For example, a person in an unhealthy relationship might declare that his partner needs to start respecting his career goals if his partner wants to continue being in a relationship with him. In a teacher-student relationship, a teacher might set healthy boundaries by choosing to keep their personal lives separate from their professional lives by not telling their students too much about their private lives (Bernstein-Yamashiro & Noam, 2013). From there, she can decide what types of boundaries she wants to set with her friends and coworkers. Hall Health Center Health Promotion staff. (2002). Self-care, which can include setting boundaries, is an important part of leading a mentally healthy life. (2000). Similarly, that woman might politely decline the same friend's request to help her pack if she thinks packing should be a personal process (Katherine, 2000). (2014, January). This can be hard, though, if parents themselves don't understand the importance of boundaries. That way, they won't be too hard on themselves when a student suffers from something out of the teacher's control. Establishing and maintaining boundaries in teacher-student relationships. Another setting in which healthy boundaries are crucial is in a romantic partnership. 10 Examples Of Healthy Boundaries This leads to the question, "What do healthy boundaries look like?" The types of boundaries one might set depends on the setting. According to IPFW/Parkview Student Assistance Program: "A boundary is a limit or space between you and the other person; a clear place where you begin and the other person ends." This is important because it indicates that healthy boundaries at work help someone find more fulfillment and less stress in their professional life—leaving room for a better personal life. But unlike more intuitive aspects of self-care like healthy eating and exercise, setting healthy boundaries isn't something most people understand. Self-care like this "may serve to support the general health and wellbeing of individuals" (Raynor et al., 2017). There are tips for parents of children of all ages, from toddlers to high schoolers. Mental health professionals also need to practice self-care and set healthy boundaries with their clients—they are not immune to stress and mental health disorders and might be even more vulnerable to those issues than the general population (Barnett et al., 2007). Rather than fostering resentment, one can instead try to set and communicate their boundaries. Healthy vs unhealthy relationships.

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