Name _____

Boundaries: Building Strong Foundations in Relationships

Open-Ended Response Questions

1. Think about a time when you had to establish a boundary with a friend. Describe the situation, how you communicated your boundary, and the outcome.

2. Imagine a scenario where someone is struggling to maintain their boundaries at work due to a demanding boss. Offer advice on how they can effectively reinforce their boundaries without jeopardizing their job.

3. Reflect on a time when you experienced the positive effects of respecting someone else's boundaries. How did it strengthen the relationship, and what did you learn from the experience?

4. Discuss the role of self-care in maintaining boundaries. How can taking care of yourself emotionally and mentally help you enforce your boundaries effectively?

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