

Name _____

Boundaries: Building Strong Foundations in Relationships

Short Answer Key

1. Actively listening when discussing boundaries is important because it shows that you value the other person's thoughts and feelings. It promotes understanding and empathy in the conversation.
2. An example of a boundary that might apply to friendships is setting limits on how often you can be called or texted during certain hours, ensuring your personal time is respected.
3. Setting consequences for boundary violations can be helpful in maintaining boundaries because it reinforces the importance of respecting those boundaries. For example, if someone consistently ignores your request not to share your personal information, you may choose to limit your interactions with them.
4. Consistency is crucial in enforcing boundaries because it ensures that both parties understand and respect the limits established. Inconsistency can lead to confusion and make it challenging to maintain boundaries effectively.
5. To adapt boundaries as circumstances change, you can periodically reflect on your values and needs and discuss any necessary adjustments with the other person involved.

