

Name \_\_\_\_\_

## Boundaries: Building Strong Foundations in Relationships

### Open-Ended Response Answer Key

1. Answers may vary, but a situation where someone had to establish a boundary with a friend could involve setting a boundary on how often they can visit or call. They communicated this boundary honestly by explaining their need for personal space and time. The outcome may have been a better understanding between the friends and improved respect for each other's needs.
2. In a scenario where someone is struggling to maintain boundaries at work, they can reinforce their boundaries by having a candid conversation with their boss. They can express their concerns about the demanding workload and request a more reasonable work schedule or workload. Seeking support from HR or a supervisor may also be necessary if the situation does not improve.
3. Answers may vary, but a positive experience of respecting someone else's boundaries could involve a friend who needed time alone after a tough day. Respecting their need for solitude allowed them to recharge, and it strengthened the friendship by showing empathy and understanding.
4. Self-care plays a crucial role in maintaining boundaries because it ensures that you have the emotional and mental strength to enforce your boundaries effectively. Taking care of yourself allows you to communicate and uphold boundaries without feeling overwhelmed or drained. Self-care activities may include exercise, relaxation techniques, and seeking emotional support when needed.

