Name _____

Building Better Relationships: The Power of Healthy Boundaries

Open-Ended Response Questions

1. Share a personal experience where you had to communicate a boundary to someone. How did it affect your relationship, and what did you learn from the experience?

2. Describe a situation where you successfully resolved a conflict in a relationship by using healthy communication and respecting each other's boundaries. What was the outcome, and how did it make you feel?

3. Reflect on a time when you had to distance yourself from a toxic relationship. What led to this decision, and how did it impact your well-being and personal growth?

4. Imagine a scenario where a friend is pushing you to do something against your boundaries. How would you assertively communicate your limits and protect your well-being in that situation?

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