

Name _____

Building Better Relationships: The Power of Healthy Boundaries

Open-Ended Response Answer Key

1. One time, I had to communicate a boundary to my friend about constantly calling me late at night. I explained that I needed my sleep to function well the next day and that late calls were disruptive. At first, my friend was a bit upset, but eventually, they understood and respected my boundary. It improved our relationship because we both felt heard and respected. From this experience, I learned that setting boundaries can strengthen relationships by promoting understanding and respect.
2. In a group project, there was a conflict about how we should divide the work. Instead of arguing, we had an open discussion where we each communicated our preferences and boundaries. We respected each other's opinions and decided on a fair division of tasks. The outcome was a successful project, and it made me feel proud of our ability to work together and resolve conflicts maturely.
3. I had to distance myself from a friend who constantly put me down and made me feel bad about myself. It led to feelings of low self-esteem and sadness. I realized that this relationship was negatively affecting my well-being and personal growth. By distancing myself, I had time to heal and regain my confidence. It taught me the importance of recognizing toxic relationships and prioritizing my mental and emotional well-being.
4. In this situation, I would calmly and assertively communicate my boundaries to my friend. I might say, "I appreciate your suggestion, but I'm not comfortable with that. It goes against my boundaries, and I need to prioritize my well-being. I hope you understand." By being clear and respectful in my communication, I would protect my well-being and ensure that my boundaries are respected.

