

Name \_\_\_\_\_

## Respecting Personal Boundaries: Building Healthy Relationships

### Short Answer

1. Explain why respecting personal boundaries contributes to emotional well-being.
2. Provide an example of a physical boundary and explain why it is important to respect it.
3. How can setting and communicating personal boundaries proactively help ensure they are respected?
4. Describe a situation where someone might need to assert their personal boundaries consistently.
5. What should individuals do if they are unsure about someone else's boundaries?

