

Name _____

Setting Boundaries: Building Healthy Relationships

Short Answer

1. Explain the concept of personal boundaries and provide an example.
2. Why is it important to be clear and specific when communicating your boundaries to someone?
3. How can practicing assertiveness help in setting and maintaining boundaries?
4. Describe a situation where someone might need emotional boundaries and how they can communicate them effectively.
5. What is the significance of empathy in respecting others' boundaries? Provide an example.

