

Name _____

Respecting Personal Boundaries: Building Healthy Relationships

Open-Ended Response Questions

1. Share a personal experience where you had to communicate and enforce your personal boundaries. What was the outcome, and how did it affect your relationship with the other person?
2. Imagine you are in a crowded room, and someone keeps invading your personal space. How would you assert your physical boundaries in a respectful way?
3. Reflect on the types of personal boundaries you are most comfortable with and those you find challenging to enforce. How can you work on improving your ability to communicate and enforce all types of boundaries effectively?
4. Think about a situation where you were unsure about someone else's boundaries. Describe how you approached the situation to ensure you respected their limits while also expressing your needs.

