

Name _____

Respecting Personal Boundaries: Building Healthy Relationships

Short Answer Key

1. Respecting personal boundaries contributes to emotional well-being by preventing situations where someone might feel overwhelmed, uncomfortable, or disrespected, which can lead to stress and anxiety.
2. An example of a physical boundary is personal space. It is important to respect it because it ensures that individuals feel comfortable and not crowded or invaded.
3. Setting and communicating personal boundaries proactively help ensure they are respected by clearly expressing one's limits and expectations to others. This reduces the likelihood of misunderstandings and violations.
4. Someone might need to assert their personal boundaries consistently in a situation where a friend repeatedly borrows their belongings without asking and does not return them promptly, despite being asked to do so.
5. If individuals are unsure about someone else's boundaries, they should ask for clarification through open and respectful communication.

