

Name _____

Setting Boundaries: Building Healthy Relationships

Short Answer Key

1. Personal boundaries are about personal choices and values. For example, a personal boundary might involve not wanting to attend a party because it goes against your values.
2. Being clear and specific helps avoid misunderstandings and ensures that the other person knows exactly what you're comfortable with.
3. Practicing assertiveness helps in setting and maintaining boundaries because it allows you to communicate your needs and limits confidently without being aggressive.
4. Emotional boundaries might be needed when discussing a sensitive topic like a recent breakup. Communicating them effectively can involve expressing that you prefer not to talk about the breakup in detail at the moment.
5. Empathy in respecting others' boundaries means understanding and considering their feelings and perspectives. For example, if a friend needs space after a disagreement, showing empathy means giving them that space and time to cool off.

