

# Setting Appropriate Boundaries

## Think Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Are the relationship boundaries you have with your friends different from the boundaries you have with teachers and school staff? If so, how?

What are some ways an individual might violate or ignore your boundaries?

If someone is constantly violating your boundaries, how does that make you feel and what should you do?

How does violating someone else's personal boundaries affect you?

What can you do to make amends or apologize for violating the boundaries of others?

How can the skill of **Setting Appropriate Boundaries** help you at school?

How can the skill of **Setting Appropriate Boundaries** help you at home or work?

# Setting Appropriate Boundaries

- 1. Imagine a series of circles radiating out from you. Each represents a boundary.**
- 2. Picture people you encounter in one of the circles, depending on the level of closeness with which you and another person are comfortable.**
- 3. Disclose personal information only to those in the closest boundaries.**
- 4. Touch and talk to others only in ways that are appropriate to your boundaries. Also, respect the boundaries of others.**