



Activity 1: Assessing Boundary Management Practices

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Complete the pyramid below with up to 10 boundary management practices cards you identified from the card activity.

Best
Describes
Me

Questions to Explore

- As you look at these behaviors, do any of them surprise you? Why?
- Which 2 or 3 stand out for you regarding your ability to manage your boundaries? Why?
- Which Boundary Management Practices are most represented? Does this make sense to you? Explain.
- Which Boundary Management Practice can you focus on to strengthen your boundaries? What is one action you can take to accomplish this?
- Who can you ask for help and support?