



### Activity 3: Managing Boundaries

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Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

**My Action Plan:**

\_\_\_\_\_  
People, Places,  
Things, Situations

Boundary Management Practices	Communicate	Protect	Maintain	Respect Others
	_____ Behavior 1	_____ Behavior 1	_____ Behavior 1	_____ Behavior 1
	_____ Behavior 2	_____ Behavior 2	_____ Behavior 2	_____ Behavior 2
Boundary Types	Define	Define	Define	
	_____ Boundary Type	_____ Boundary Type	_____ Boundary Type	
	_____ Boundary to Strengthen	_____ Boundary to Strengthen	_____ Boundary to Strengthen	
		_____ ME		

### Questions to Explore

Pick one of the Boundary Management Practices above and answer the following questions:

1. How can you use these boundary management behaviors to help manage the boundaries you identified above?
2. As you practice these behaviors more frequently, what will be the benefit for you? For others?
3. What will be most challenging for you as you practice these behaviors more frequently in the future? Why?
4. When will be your next opportunity to practice these behaviors given your situation?
5. Who can you ask for help and support?