## **Healthy Boundaries**

What's in the Deck

## **Discovery Cards Content Map**

**Overview Cards** 





Boundary Type Cards





**Activity Cards** 











RESPECT OTHERS

3

Healthy Boundaries

**Definition Cards** 









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I know what I need to be healthy and safe

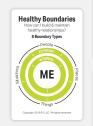
I say "no" when boundaries my needs directly, are threatened

or broken

I reassess and reinforce my boundaries regularly

I avoid crossing other people's boundaries

**Boundary Types Cards** 





Boundary Types	Boundary Types	
HAVIORAL	MENTAL	EI
ly behavioral boundaries at define what I will and will t do in terms of my actions	My behavioral boundaries that define what I will and will not do in terms of my actions	'
:10	₩.	



## What's in the Deck

**Overview Cards** 

Main Color: Box Color

1 Topic Description Card

1 Model Card

1 Expert Card

1 Quick Start Card

1 R1 Card

**Activity Cards** 

Main Color: Black

Activity 1: Understanding Boundary Types

Activity 2: Assessing Boundary Management Practices

Activity 3: Defining Boundaries

1 ME Action Card:

1 People, Places, Things, Situations Card

**Definition Cards** 

Main Color: White with Color

1 Define (Yellow)

1 Communicate (Orange)

1 Protect (Red)

1 Maintain (Blue)

1 Respect Others (Green)

**Sorting Cards** 

Main Color: Mostly Colors

8 Define (Yellow)

8 Communicate (Orange)

8 Protect (Red)

8 Maintain (Blue)

8 Respect Others (Green)

**Boundary Types Cards** 

Main Color: Grey

1 Model 1 Physical 1 Behavioral 1 Mental

1 Emotional

1 Sexual 1 Material

1 Spiritual

1 Social

**TOTAL CARDS** 

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