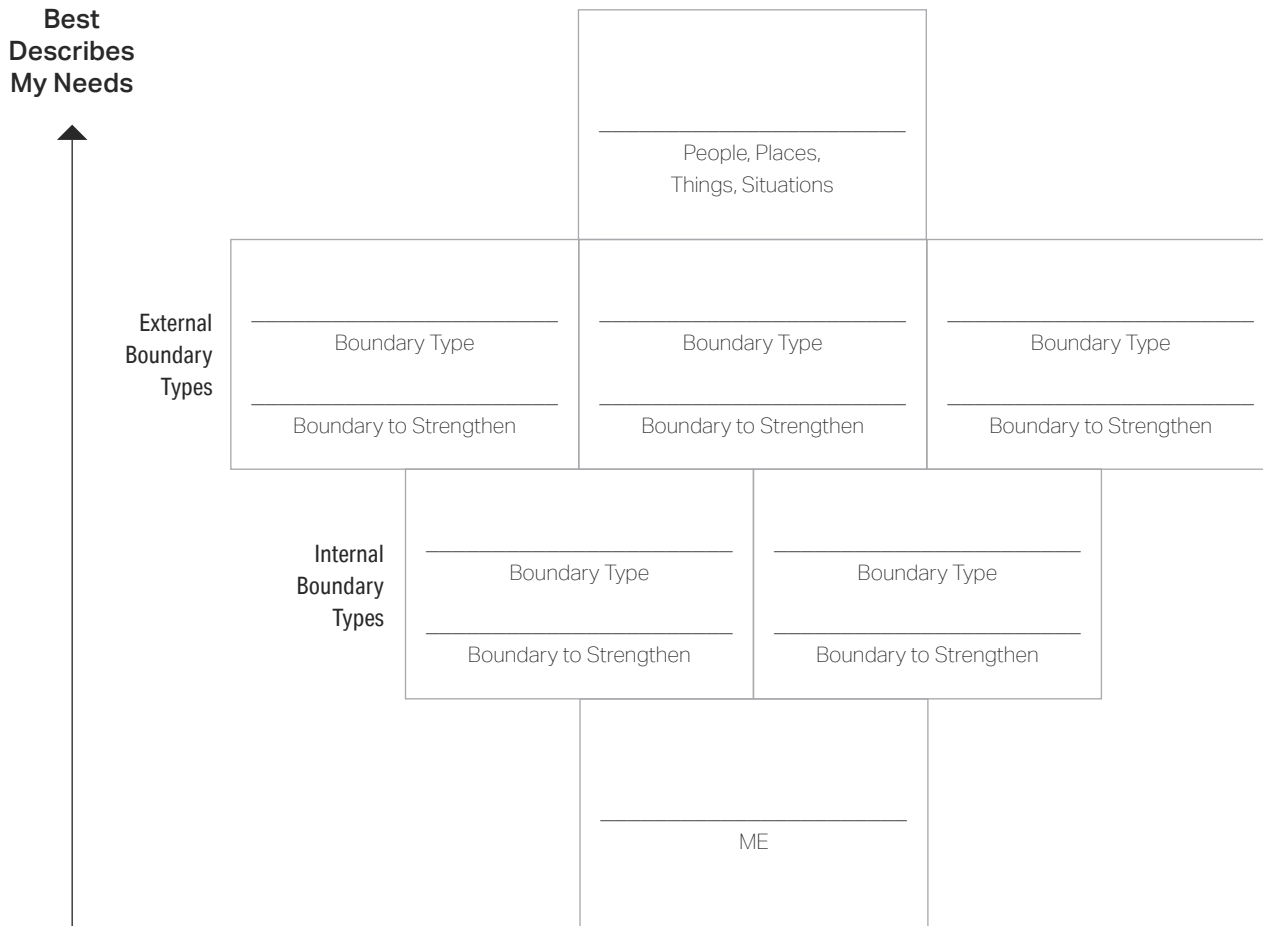


Activity 2: Define My Boundaries

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

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



Questions to Explore

Pick one of the boundaries above and answer the following questions.

Evaluate:

1. What boundary type and specific boundary did you pick? Explain.

3. What will be the benefit for you and others as you strengthen this boundary?

2. What are potential consequences for you and others if you do not strengthen this boundary?

Respond:

4. What is one action you can take to strengthen this boundary?

5. Who can you ask for help and support?