



Activity 3: Manage 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.

My
Action
Plan



Boundary Management Practices

_____ People, Places, Things, Situations				
Define	Communicate	Protect	Maintain	Respect Others
_____	_____	_____	_____	_____
Behavior 1	Behavior 1	Behavior 1	Behavior 1	Behavior 1
_____	_____	_____	_____	_____
Behavior 2	Behavior 2	Behavior 2	Behavior 2	Behavior 2
_____	_____	_____	_____	_____
Boundary Type	Boundary Type	Boundary Type	Boundary Type	Boundary Type
_____	_____	_____	_____	_____
Boundary to Strengthen	Boundary to Strengthen	Boundary to Strengthen	Boundary to Strengthen	Boundary to Strengthen
_____		_____		
ME				

Questions to Explore

Pick one of the Boundary Management Practices Cards above and answer the following questions about the two associated behaviors:

Evaluate:

- 1. Which Boundary Management Practices and behaviors did you select? Explain.
- 3. What will be most challenging for you as you practice these behaviors more frequently? Explain.

- 2. As you practice these behaviors more frequently, what will be the benefits for you and others?

Respond:

- 4. When is your next opportunity to practice these behaviors given your situation? Explain.

- 5. Who can you ask for help and support?