



Activity 4: Explore the Boundary Management Practices Model

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As you think about your understanding of the Boundary Management Practices Model, answer the questions to explore to the right.

Healthy Boundaries
How can I build and maintain healthy relationships?

Boundary Management Practices

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Boundary Management Practices

DEFINE
Know your needs

COMMUNICATE
Set with respect

PROTECT
Defend with confidence

MAINTAIN
Sustain with rigor

RESPECT OTHERS
Honor others' needs

Questions to Explore

1. How does it help you to know that there is a model describing health boundary management practices?
2. What resonates most with you about the Boundary Management Practices Model given your own experience?
3. How does the Boundary Management Practices Model help you to identify strengths and gaps in how you relate to the world around you?
4. How does the Boundary Management Practices Model help you to build and maintain healthy relationships?