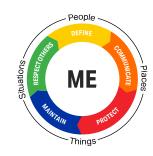


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## **Activity 4: Explore the Boundary Management Practices Model**

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

# **Healthy Boundaries** How can I build and maintain healthy relationships? **Boundary Management Practices** People Situations MAINTAIN <sup>-</sup>Things © 2023 R1 Publishing LLC / All rights reserved

### **Healthy Boundaries** How can I build and maintain

healthy relationships?

**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?