

Healthy Boundaries

What's in the Deck

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Discovery Cards Content Map

The content map displays 65 discovery cards organized into five main categories:

- Overview Cards (6):** Includes a 'Healthy Boundaries' overview card, a 'Quick Start' card, an 'Expert' card, a 'Definition' card, and an 'R1 Learning' card with a QR code.
- Activity Cards (5):** Three activity cards (Activity 1: Identify My Boundary Management Strengths, Activity 2: Define My Boundaries, Activity 3: Manage My Boundaries) and two 'Healthy Boundaries' cards (ME and PEOPLE PLACES THINGS SITUATIONS).
- Boundary Management Practices Definition Cards (5):** Five cards for DEFINE, COMMUNICATE, PROTECT, MAINTAIN, and RESPECT OTHERS, each with a brief description of the practice.
- Sorting Cards (40):** A set of 40 cards for sorting, including 8 cards for each of the five practices (DEFINE, COMMUNICATE, PROTECT, MAINTAIN, RESPECT OTHERS) and 5 cards for each of the five boundary types (BEHAVIORAL, MATERIAL, PHYSICAL, SEXUAL, SOCIAL).
- Boundary Types Cards (9):** Nine cards for INTERNAL BOUNDARY TYPES (EMOTIONAL, MENTAL, SPIRITUAL) and 5 cards for EXTERNAL BOUNDARY TYPES (BEHAVIORAL, MATERIAL, PHYSICAL, SEXUAL, SOCIAL).

Overview Cards

6 Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

Activity Cards

5 Activity Cards

- Main Color: Black
- Activity 1: Identify My Boundary Management Strengths (or Gaps)
- Activity 2: Define My Boundaries
- Activity 3: Manage My Boundaries
- 1 ME Action Card
- 1 People, Places, Things, Situations Card

Boundary Management Practices Definition Cards

5 Boundary Management Practices 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

40 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

9 Boundary Types Cards

- Main Color: Gray
- 1 Model Card
- 1 Behavioral
- 1 Material
- 1 Physical
- 1 Sexual
- 1 Social
- 1 Emotional
- 1 Mental
- 1 Spiritual

65 TOTAL CARDS