

Boundaries

Discussion Questions

- 1** Personal boundaries are the rules and limits you set within relationships. They tell you what's okay, and what's not okay, in a relationship. Think about two people in your life, and describe the boundaries you have with each one. How are they similar, and how are they different?

- 2** Values are the things that are most important to you. Ideally, your boundaries will reflect your values. For example, if you value family time, you might set strict boundaries at work. What are your most important values, and how do your boundaries reflect these values?

- 3** In your opinion, what are the signs of a healthy relationship? What sort of boundaries might you see in a healthy relationship?

- 4** People who are influential in your life act as models for boundary-setting, whether their boundaries are healthy or unhealthy. Think of someone who has helped shape who you are. What has this person taught you about boundaries, whether intentionally or unintentionally?

- 5** When someone has rigid boundaries, they are reluctant to ask others for help, protective of personal information, and avoidant of close relationships. What do you think are the pros and cons of rigid boundaries? Describe an area of life where you've had rigid boundaries.

- 6** When someone has porous boundaries, they overshare personal information, have difficulty saying "no," and are overly concerned with the opinions of others. What do you think are the pros and cons of porous boundaries? Describe an area of life where you've had porous boundaries.

- 7** In some relationships, healthy boundaries seem to form naturally and easily. In other relationships, however, setting healthy boundaries is difficult. What challenges have you faced when trying to set healthy boundaries, and how did you overcome them (or, how *could* you overcome them)?