Reflecting on Boundaries

discussion questions

1. Personal boundaries are the rules and limits you set in relationships. These determine what's okay and what's not okay in your interactions with others. 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. Boundaries help you honor what's most important to you. For example, if you value family time, you might set strict boundaries around working late. If you value health, you might prioritize exercising. How do your boundaries reflect your values?

3. Different cultures often have different boundary expectations. For example, some cultures frown upon expressing emotions publicly, while others encourage it. What cultural differences have you noticed when it comes to your or others' boundaries?

4. Work-life boundaries keep your work and personal lives separate so you can shed your work persona, protect your free time, and rest. What do your work-life boundaries look like? What might you do to improve them?

5. When someone has rigid boundaries, they are reluctant to ask others for help, protective of personal information, and wary of close relationships. What are the pros and cons of rigid boundaries? Describe a relationship or situation in which you 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 are the pros and cons of porous boundaries? Describe a time when you had porous boundaries.

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

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