Ripple Effect
Training

BOUNDARIES

Workshop Exercises

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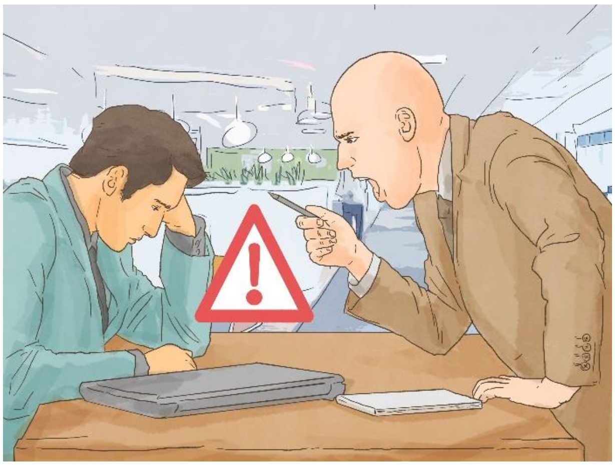
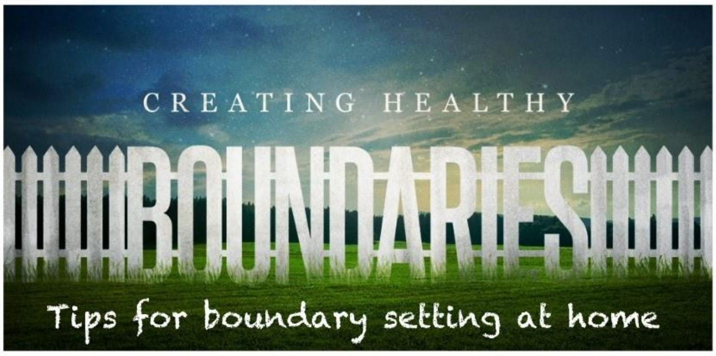
Berkshire
Wiltshire
Surrey
Hampshire
West Sussex
Dorset
Isle
Wight

Crayola

NO



BALANCE
LIFE
WORK


CREATING HEALTHY
BOUNDARIES
Tips for boundary setting at home

1. Have a family chat together about this change. Acknowledge feelings first and foremost about the differences this will bring.

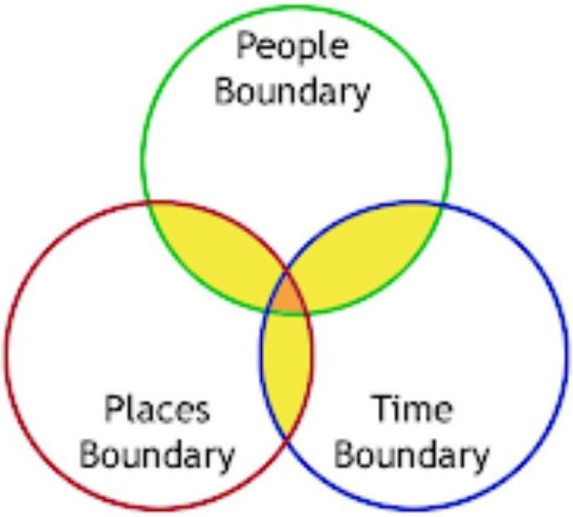
2. Introduce the concept of boundaries and acknowledge the ones already in place at home eg. a) time boundaries - work/school life, curfew times b) physical boundaries - travelling to work/school front/bedroom doors/privacy c) people boundaries - respect, manners etc

3. Now consider how isolating at home will change these current boundaries? What will be different?

4. Discuss what boundaries are important to you individually. Get a sense of what everyone needs.

5. Agree to renegotiate your home boundaries. Set out a timetable for shared spaces and routines considering all your boundaries: physical / time / people. Make time for shared activity/exercise, leisure time, work needs, quiet time, screen time.

6. Set out your explicit renegotiated boundaries in any format you choose eg. Timetable stuck to the fridge. Revisit this if these don't work and renegotiate. Explicit boundaries create a sense of safety for everyone.


People Boundary
Places Boundary
Time Boundary

@SCH_COUNSELLOR

Boundary Exploration

Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there's some other problem that isn't so easily labeled.

Who do you struggle to set healthy boundaries with? (e.g. "my husband" or "coworkers")

____

In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				
Emotional Boundaries				
Sexual Boundaries				
Material Boundaries				
Time Boundaries				

Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they're porous, it might mean setting limits and saying "no" when you don't want to do something.

What are some specific actions you can take to improve your boundaries?

How do you think the other person will respond to these changes?

How do you think your life will be different once you've established healthy boundaries?

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