

SETTING BOUNDARIES

Respond to the following practice questions as if you were really in each situation. Think about the language you would use to firmly state your boundary.

EXAMPLE

Situation: You notice your roommate has been eating your food in the fridge. You never discussed plans to share food, and don't want them eating what you bought.

Response: "I'd like to keep our food separate. If there's something of mine that you want, please ask me before taking it."

EXAMPLE

Situation: You invited a friend over for the evening, but now it's getting late. You would like to get ready for bed, but your friend seems unaware of how late it is.

Response:

Situation: A good friend asks you out on a date. You are not interested in being more than friends. You would like to let them down clearly, but gently.

Response:

Situation: Your coworker is upset about their recent performance review. They start yelling and slamming their fist on their desk. This is making you very uncomfortable.

Response:

Situation: Your brother asks if you can watch his two young children on Saturday morning. You already have plans.

Response: