

SETTING BOUNDARIES

GOALS:

- To look at roles and relationships and to examine the types of boundaries that exist in special relationships.
- To discuss comfort levels regarding boundaries in relationships.
- To affirm individuals' rights to set boundaries within comfortable limits.

RATIONALE:

This lesson looks at the underlying assumptions behind roles that persons take on. It is particularly difficult in a society based on power to understand the importance of giving everyone the right to set their own boundaries and to avoid victimization.

This lesson can be useful in assessing one's own values and relationships in the workplace.

MATERIALS NEEDED:

Popchart, markers, for each participant a copy of **Setting Boundaries Worksheet**

METHOD:

Warm up: Advancing Boundaries

Divide participants into dyads. Make sure that you have a large room with uninterrupted space. Ask each dyad to stand about 20 feet apart. Tell participant **A** to begin walking slowly towards Participant **B**, without making any noise. When Participant **B** feels that Participant **A** has come as close as his/her boundaries allow, s/he must put up his/her hand firmly in front of them and say "Stop!" loudly, at which point Participant **A** will freeze and stand still. Then they switch roles.

It is easier to model this than to explain. It is often surprising how quickly hands go up to say "Stop!"

Questions to consider:

- Did you say "Stop!" at the time that you thought you would?
- How did it feel to actually create your own boundary with someone?
- How did it feel to respect someone else's boundary?
- How are boundaries established in the workplace?