

Name:

Date:

# SETTING BOUNDARIES

Write your response for each situation.

Your partner vents their frustration about their job every evening. You want to be supportive, but your partner's frequent complaints make it hard to relax. You decide to let them know your concern.

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Your brother asks last minute if you can watch his two young children on Saturday morning. You already have other plans.

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A salesperson calls while you're eating dinner. You try to politely show disinterest, but they keep giving their sales pitch. You want to get back to dinner.

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You missed several days of work due to a medical condition. When you get back, a coworker asks what happened. You feel this information is personal and do not want to share.

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