



NAVIGATING DIFFICULT CONVERSATIONS AT CAMP WORKSHEET: BOUNDARIES

**“When you set a boundary correctly, you should hear pushback.
It is a statement of having heard us.” - Dr. Betsy Stone**

- Setting and sticking to boundaries can be uncomfortable.
- We have different kinds of boundaries - rigid boundaries and flexible boundaries. The things that fall into these categories may change over time and situations. We also each have things we want to set boundaries around, but may not have done so yet.
- Setting and holding to boundaries is good modeling. We get to be whole people with different feelings, opinions, and experiences.

On the other side of this paper:

- Use the space inside the middle circle to write down the boundaries that are strict for you personally.
- Use the space inside the dotted line to write down the boundaries that may be more flexible.
- Use the space on the outside of the circles to list the boundaries you're not sure about or are working on setting.





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