



Activity Sheet

Boundaries

Setting boundaries is an identified method of managing conflict within a family setting. However, boundaries may also trigger conflict if they are perceived as unfair, inappropriate or too harsh.

Q. What is a boundary?

Q. Are there other terms for “boundary?”

Q. Why can setting boundaries be helpful?

Q. What could make it difficult to set boundaries?

Q. Are there any negatives to setting boundaries?

Skills needed to negotiate boundaries include:

- 1.** Not getting drawn into or reacting to negative statements or behaviours.
- 2.** Refusing to rescue
- 3.** Connecting
- 4.** Listening
- 5.** Using “I” statements
- 6.** Encouraging
- 7.** Being assertive
- 8.** Awareness of self – self care

Research has found that 70% of problems can be sorted by concentrating on active listening and the use of “I” statements (Quinn & Quinn 2007)