

# boundaries reflection

When someone makes you feel uncomfortable or upset, it's typically a sign that they have overstepped one of your boundaries. While we can't control the actions of other people, we can think through our own boundaries to have a better sense of what we are and aren't okay with, as well as consider what we can do to make sure we're not overstepping someone else's boundaries.

What are 3 things that you consider an overstep of your personal boundaries?

- 1.
- 2.
- 3.

Describe how you typically feel if one of your boundaries has been overstepped.

Describe what you typically do when one of your boundaries has been overstepped.

Who can you talk to for support if someone has overstepped one of your boundaries?

What are 3 ways to know if you have overstepped someone else's boundaries?

- 1.
- 2.
- 3.

Describe how someone might feel if you overstepped one of their boundaries.

What can you do if you have overstepped someone else's boundaries?

Who can you talk to for support if you have overstepped someone else's boundaries?