

4 STEPS TO BOUNDARY SETTING

1

Tell them how they crossed your boundary.

2

Tell them how it made you feel.

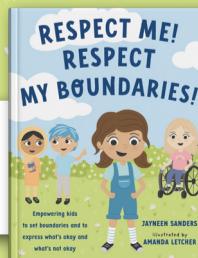
3

Tell them what you want them to do.

4

Tell them what action you will take.

If they **DON'T** listen to you or stop



BOUNDARY SETTING

Mo is interrupting Sara while she is trying to play a video game.
Sara will use 4 steps to assert her boundary.

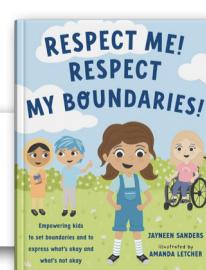


1 You are stopping me from playing my video game.

2 I feel angry when you annoy me like this.

3 I would like you to stop. I would like to play this game by myself.

4 I am going to have to tell Mama if you keep annoying me.



CROSSING A BOUNDARY

Do you remember a time when someone crossed your boundary?

1

How did they crossing your boundary?

2

How did it make you feel?

3

What did you ask them to do?

4

If they didn't stop, what action did you take?

