

# 4 STEPS TO BOUNDARY SETTING

1

Tell them how  
they crossed  
your boundary.

2

Tell them how  
it made you  
feel.

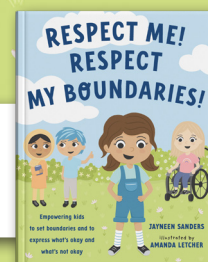
3

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?

