BOUNDARY REFLECTION PROCESS

Describe the situation and identify challenges

Notice your response. Be curious about how you felt and why

BOUNDERY SETTING

Reflect: What works well? What didnt?

Adjust & Act: What change do I need to make?

Reflect on boundary violation
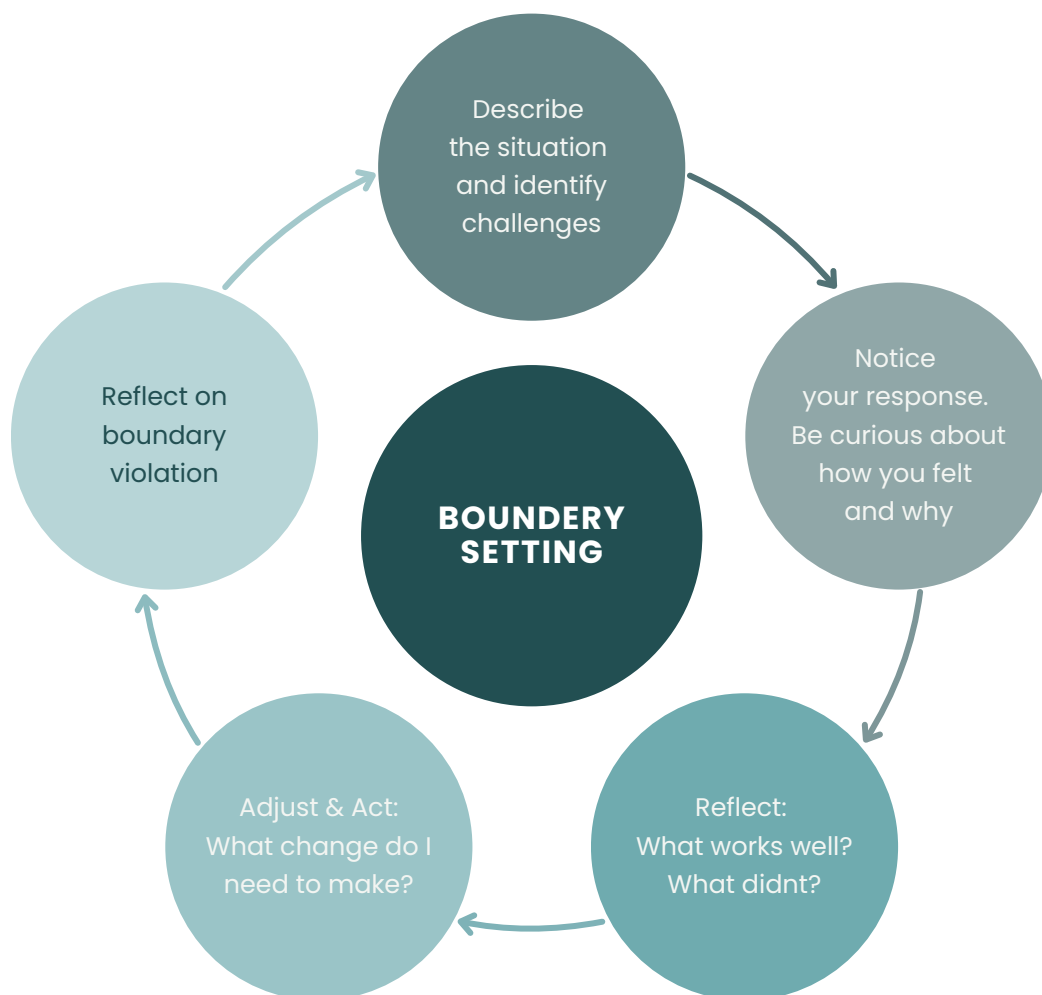
MY CORE VALUES:

BOUNDARY:

Boundary Violation:

Describe situation and identify challenges:

Notice your response, be curious about how you felt and why:

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Reflect: What worked well? And what didn't?

Adjust & Act, what changes do I need to make?

How will this change support my values?

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