

## Compassionate Boundaries Reflection



### 1. Take a few moments to identify:

- a. One of your personal boundaries (relationships with your friends, family or inner circle of associates)
- b. One of your professional boundaries (in relationships with clients and colleagues)
- c. One of your social boundaries (relationships in social situations, with new people or associates)

### 2. Take some time to consider the last time someone crossed one of your boundaries in the work environment *without resistance from you* (or when you crossed one of your boundaries). Note your feelings and thoughts afterwards.

### 3. Take some time to consider the last time someone (client, colleague, or others) attempted to cross one of your boundaries in the work environment (or you were tempted to cross your boundary) and *you communicated your boundaries*. What was the outcome? Note your feelings and thoughts afterwards. If there is anything you would do differently now, write it down.

### 4. What new or ongoing boundaries stand out to you now after having reviewed the slides and making the above reflections? What would you like to adjust in your approach to boundary setting?