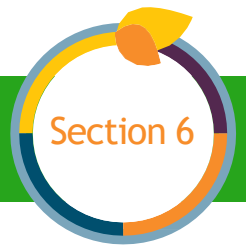


# Compassionate Boundary Setting



Parent & Caregiver



Virtual Circle Agenda

Circle Topic	CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience
Planning	<input type="checkbox"/> Send out <a href="#">pre-read</a> for Section 6 <input type="checkbox"/> Prepare materials for Session 6 <input type="checkbox"/> Share handouts from Session 5
Purpose of Circle	<b>Today you will:</b> 1. Learn how to set boundaries that will help us build compassion resilience.
Time/Materials/Preparation	<b>Time:</b> 90 minutes <b>Documents to Share During Session:</b> <input type="checkbox"/> <a href="#">Tips for Compassionate Boundary Setting</a> <b>Items to Place in Chat During Session:</b> <input type="checkbox"/> Group Agreements <input type="checkbox"/> Family Goals <input type="checkbox"/> Brené Brown quote
Opening and Check-in (20 minutes)	<b>Share</b> <ul style="list-style-type: none"> <li>Welcome back! I invite everyone to get into a comfortable position with your eyes closed or looking towards the ground. We are going to take a moment to pause. Take a few slow breaths. <i>(Pause)</i> Name in your mind what you want to let go of to be present in this circle and your personal reason for being here. <i>(Pause for 10 seconds)</i> I invite you to bring your attention back to the group.</li> </ul>



# Compassionate Boundary Setting



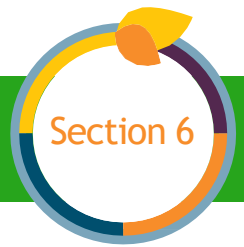
Circle Topic	CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience
<p><b>Opening and Check-in (20 minutes)</b> <i>continued</i></p>	<p><b>Ask</b></p> <ul style="list-style-type: none"> <li>(Go-around) How are you doing on a scale of 1-5? If you had a free day to do anything you wanted, what would you do?</li> </ul> <p><b>Share</b></p> <ul style="list-style-type: none"> <li>Last time we were together, we looked at expectations and the impact our expectations have on our wellbeing and our families. Today we are going to look at how to incorporate those expectations into setting compassionate boundaries with others; using our “nos” to support our “yeses.”</li> <li>As always, we will work to follow our group guidelines during our time together. These are in chat for your reference.</li> </ul>
<p><b>Guiding Questions (45 minutes)</b></p>	<p><b>Share</b></p> <ul style="list-style-type: none"> <li>I have a quote from Brené Brown to center us in our conversation around boundaries today. <i>Place the quote in chat.</i> <ul style="list-style-type: none"> <li>“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment.”</li> </ul> </li> <li>We know having boundaries is important and it can be helpful to explore the different types of boundaries to help us think about what boundaries we tend to have.           <ul style="list-style-type: none"> <li><b>Permeable/with holes:</b> A boundary is set, but there is very little reinforcement of the boundary. For most of us, having overly permeable boundaries will allow unwanted behaviors from others and may mean that we are letting too much of ourselves out, limiting our privacy and self-care.</li> <li><b>Rigid:</b> These are the boundaries that you reinforce at all costs. Too rigid boundaries do not allow us to be open to new ideas or perspectives and can often keep us in the dark and unapproachable.</li> <li><b>Flexible:</b> Flexible boundaries are firm and clear yet open to new ideas and resources when needed. They are also sufficiently closed to protect us from harm.</li> </ul> </li> </ul> <p><b>Ask</b></p> <ul style="list-style-type: none"> <li>(Open mic) What type of boundaries do you usually have with your family?</li> </ul> <p><b>Share</b></p> <ul style="list-style-type: none"> <li>We are going to do an activity to help us think about what boundaries we need to set to create and maintain the type of family culture we’d like to see.</li> </ul>

# Compassionate Boundary Setting



## Section 6

Circle Topic	CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience
<p data-bbox="123 384 334 478"><b>Guiding Questions</b> (45 minutes) <i>continued</i></p>  	<p data-bbox="456 384 505 411"><b>Ask</b></p> <ul data-bbox="456 426 1382 453" style="list-style-type: none"><li>• (Open mic) What are specific behaviors your family exhibits when they are at their best?</li></ul> <p data-bbox="456 485 1268 512">Scribe the examples on a shared virtual space, such as a virtual whiteboard.</p> <p data-bbox="456 543 1471 680"><i>Facilitator Tip: Coach participants to be as specific as possible with their behavior brainstorm. For example, “we are respectful” needs to be more specific - what one person considers respectful could be very different than another. A more specific example would be, “we greet each other when we see each other for the first time in the morning and upon returning home.”</i></p> <p data-bbox="456 711 529 739"><b>Share</b></p> <ul data-bbox="456 758 1458 909" style="list-style-type: none"><li>• These things are our “yeses” for our family. Things that we’d like to see in our family culture. If you did this activity with your family, these could be used to create family agreements.</li><li>• In our role as parents and caregivers we guide our children and the best way to guide them is through the boundaries they see us set.</li></ul> <p data-bbox="456 940 505 968"><b>Ask</b></p> <ul data-bbox="456 987 1438 1052" style="list-style-type: none"><li>• (Open mic) What is a boundary that you could put in place that would allow you to do the behaviors listed on our list most of the time?</li></ul> <p data-bbox="456 1083 1446 1182">Scribe the examples on a shared virtual space. If you are using a virtual whiteboard or sharing a PowerPoint slide, have the “Family at Its Best” brainstorm on one side and the boundaries brainstormed on the other.</p> <p data-bbox="456 1213 1430 1312"><i>Facilitator Tip: An example of a boundary that could help meet the desired behavior of having dinner together as a family most evenings would be to restrict activities that keep us out of the house during mealtimes to twice a week.</i></p> <p data-bbox="456 1344 1446 1442">Hand out <a href="#">Tips for Compassionate Boundary Setting</a> and point out that their specific behaviors of their family at their best are their “yeses.” Knowing these is the first step to compassionate boundary setting. Walk participants through the rest of the handout.</p> <p data-bbox="456 1474 505 1501"><b>Ask</b></p> <ul data-bbox="456 1520 1471 1822" style="list-style-type: none"><li>• In a moment, we are going to break into pairs. Use the tips for compassionate boundary setting to practice how you would state a boundary to someone you wanted to respect the boundary. You are welcome to use one of the boundaries we brainstormed earlier. Share the list generated earlier again and give participants a moment to review the list before breaking them into breakout groups of two.</li><li>• (Open mic) What are some of the examples you practiced in your pairs?</li><li>• (Open mic) Can I have one or two volunteers to share a story of when they successfully set a new boundary that promoted positive change in their life?</li></ul>

# Compassionate Boundary Setting



Circle Topic	CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience
<b>Check for Understanding (10 minutes)</b>	<b>Ask</b> <ul style="list-style-type: none"><li>(Open mic) What do you think makes setting boundaries difficult at times? What do you want to remember from today that might help you to set compassionate boundaries when you need to?</li></ul>

<b>Self-care and Closing (20 minutes)</b>    	<b>Share</b> <ul style="list-style-type: none"><li>To end our time together, I want to share a passage from Michelle Olak that helps sum up our conversation around boundaries:<p style="text-align: center;">And then I learned the spiritual journey had nothing to do with being nice. It had to do with being real and authentic. Having boundaries. Honoring and respecting my space first, others second. And in this space of self-care, being nice just happened, it flowed... not motivated by fear, but by LOVE.</p><p style="text-align: right;"><i>By Michelle Olak</i></p></li></ul> <b>Ask</b> <ul style="list-style-type: none"><li>(Talking piece) Share a possible family expectation that you either currently have or would like to put in place to support one of the boundaries identified.</li></ul> <p><i>Facilitator Tip: A follow-up to this question could be a reminder back to the content of the last group on expectations. Is the expectation you brainstormed an expectation that you have already talked with your family about or might it be something you could discuss soon?</i></p> <b>Share</b> <ul style="list-style-type: none"><li>Thank you for being here today. We look forward to seeing you (insert next meeting day/time here).</li></ul> <p><i>Facilitator Tip: Save the “Our Family at Its Best” brainstorm for next session.</i></p>
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