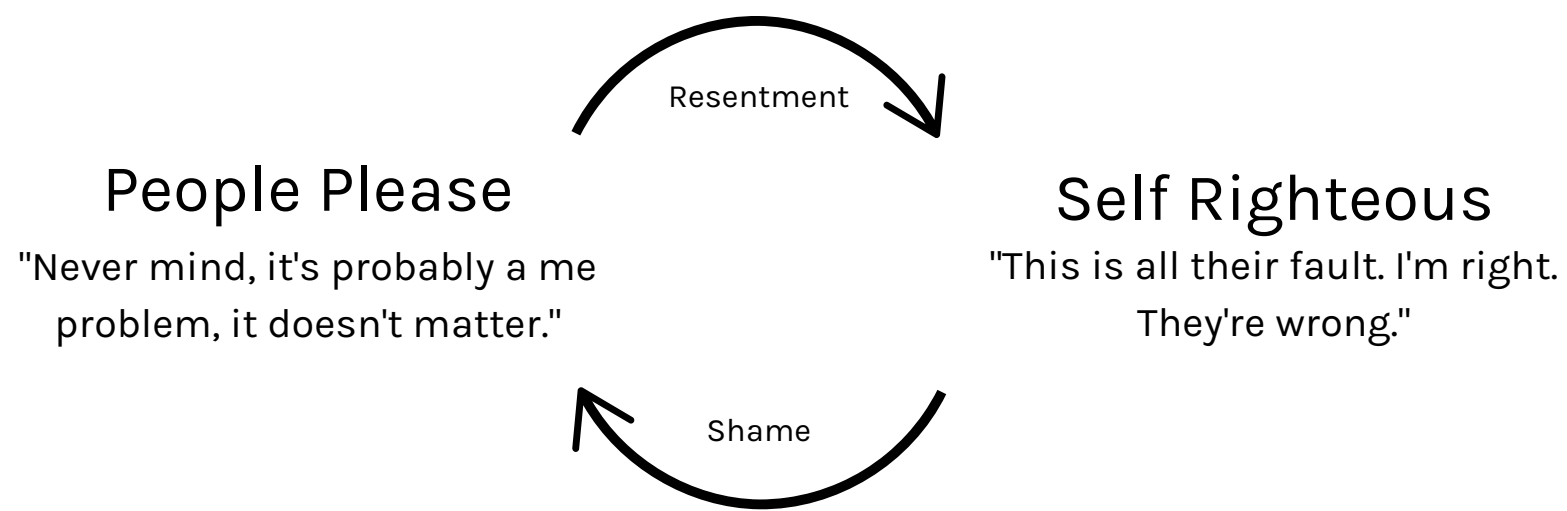


Activity: Plan how you'll set a boundary



Self empathy questions

- What am I thinking and feeling?
- What are the possible reasons I have reacted in this way?
- How can I be understanding and kind to myself in this situation?
- How can I accept my emotions are valid?
- How can I empathize with the other person, whilst maintaining my own boundary?

Other empathy questions

- What might this person be thinking or feeling?
- What are the possible reasons behind their actions or behaviours?
- What information or context might I be missing that could help me better understand their point of view?
- How can I seek to understand their perspective without judgement?
- How can I accept that their emotions are valid, even if I don't relate to their experience or perspective?

- 1 What boundary do I want to set, enforce or communicate?
- 2 How have I (or might I) react to this boundary being crossed?
- 3 What questions can I ask to empathize with the other person?
- 4 What questions can I ask to show empathy for myself?
- 5 What action will I take?
- 6 How can I sit in the discomfort whilst upholding my boundary?