

Handout 1

What is your role?

Your role is to _____

Learn to keep your own opinions and biases in check:

1. Don't _____

2. Don't _____

3. Don't _____

Setting boundaries

What are boundaries?

Setting clear boundaries will help you _____
_____ while still _____.

Boundaries are important

Setting boundaries is important to **maintaining** _____
_____.

Types of boundaries

1. **Your** _____

2. **Your** _____

2. **Your** _____

Kirbie and Estyr:

As you watch the video, listen for the answers to the following questions:

1. What was Kirbie doing that made Estyr feel they needed to establish boundaries in their relationship?
2. What did Estyr have to tell Kirbie?
3. How did Kirbie initially respond to Estyr's comments?
4. How did Estyr reframe (rephrase) the boundaries to help Kirbie understand their importance?
5. What did Estyr say likely would have happened if Kirbie didn't respect the boundaries?
6. What did Kirbie learn about support from Estyr?

Some tips on setting boundaries:

- **Be upfront.** Communicate your limits and discuss boundaries early.
- **Assume the best of them** and talk to their best self. They care for you and want you to be healthy too.
- **Revisit the boundaries** you set if you feel like you're drifting beyond them.
- **Be open to change.** Circumstances change and so will your capacity to be there for someone. Don't be afraid to reassess your limits and communicate them.
- **Keep on keeping on.** Continue to do things you'd usually do together. Don't let the relationship become all about support.

Use the spaces below to make jot notes as you watch these stories.

Bri and Neta:

Erica and Liv: