SETTING BOUNDARIES

Role Play Instructions

1. Get into pairs.

2. Each pair comes up with two scenarios:
   a. One scenario you have actually experienced in real life.
      
      Examples:
      
      i. Your boss asks you to work overtime and you don't want to.
      
      ii. Someone is relying on you too heavily, and you are starting to get burn out.

   b. One ridiculous request.
      
      Examples:
      
      i. “Build me a spaceship!”
      
      ii. "Do all my work for me for the next 3 years, okay?"

3. Participants each take turns being the asker and the boundary-setter.

4. TWO MINUTES per role play.

5. Try to practice different ways of setting boundaries (which means the asker needs to be manipulative and persistent).