

S.A.F.E. – Boundary-Setting Scenarios

A Program of Posterity: A Safe Place, Inc.

Read each scenario and write down how you could set a healthy boundary in that situation. Use this exercise to practice asserting your needs and protecting your well-being.

Scenario	My Boundary-Setting Response
A friend repeatedly asks personal questions you are not ready to answer.	
A co-worker interrupts you during meetings and speaks over you.	
A family member drops by your home without calling first.	
Someone pressures you to share details about your trauma.	
A peer in your support group makes you uncomfortable with certain comments.	