

Boundaries Scenarios

For each situation below, practice what you would say to be assertive in setting a new boundary or to enforce an existing one.

Remember, treating others with respect will earn you respect in return.

- **Situation I:** Your partner has made no effort to look for work or go to school, and is always asking to borrow money from you. You want them to stop using you as their own personal bank.
- **Situation II:** Your friend repeatedly asks you to take care of her child while she goes out. You want her to take care of her own responsibilities.
- **Situation III:** A family member always comments on your weight and suggests dieting. You want them to keep their remarks and advice to themselves.