



Brainstorm Boundaries

Supports Meeting 2, Activity 2, Choice 1

A body boundary defines what is and is not acceptable when it comes to personal space, physical touch, and privacy. You can think of it as an invisible buffer around your body. Some boundaries are universal—for instance, it's never acceptable to hit someone. Other boundaries are individual. Each of us gets to define our body boundaries based on what we are and are not comfortable with. Knowing your body boundaries is helpful for your personal safety. It also helps you to maintain healthy relationships with the people in your life.

Use this aid as a guide to think about your body boundaries and brainstorm personal boundary statements.

Step 1: Understanding Boundaries

Before setting your boundaries, think about things like:

What are my non-negotiable physical boundaries?

What kinds of social touch do I like and not like?

What are my feelings about personal space?

Are my body boundaries different with different people? Why or why not?

What else feels important for me to consider?



Step 2: My Comfort Levels

Now it's time to get specific. Think about different types of contact and how you feel about them. Check off your answers. Add your own examples, if you like.

Type of Contact	Okay with me? (check your preference)		
Hugs from friends and family	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
Hugs from acquaintances	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
High-fives or fist bumps	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
Handshakes with new people	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
Sitting close to someone	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
Being touched on the shoulder	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
Write your own:			
_____	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
_____	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
_____	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never

Step 3: Setting My Personal Boundaries

Now, write two or three boundary statements for each of the categories below (comfortable and uncomfortable) that feel right for you.

I am comfortable with:

I am not comfortable with:
