

ACTIVITY OPTION #4: Boundaries journal analysis—Who am I?

Instructions: The Lesson Leader will ask a series of questions for contemplation. During the rests, read each written question, reflect and provide answers in the spaces provided.

I. Who I know myself to be!

The three things that I care about most are:

The three things that upset me most are:

My core beliefs about myself are:

I believe that life is:

I believe that God is:

The three things I most dislike are:

My three most important values are:

The three things I value most in others are:

The three things I find most attractive are:

The three things I find most disgusting are:

The three things I like the most are:

ACTIVITY OPTION #4: Boundary journal analysis—Who am I?

II. Who others think I am!

A. My parent(s) or guardian(s):

The three things my parents or guardians most like about me:

The three things my parents or guardians would say that I believe:

The three things that my parents or guardians would say that I most value:

Three things about me that irritate my parents or guardians:

Three things that my parents or guardians will say are most important to me:

Three things my parents or guardians will say that I believe about myself:

B. My friends:

Three things my friends like about me:

Three things my friends would say that I believe:

Three things that my friends would say that I value:

Three things about me that irritate my friends:

Three things that my friends will say are most important to me:

Three things my friends will say that I believe about myself:

ACTIVITY OPTION #4: Boundary journal analysis—Who am I?

C. My church (e.g., my youth minister, pastor, or religious education director)

Three things my Church likes about me:

Three things my Church would say that I believe:

Three things that my Church would say that I value:

Three things about me that irritate my Church:

Three things that my Church would say are most important to me:

Three things my Church would say that I believe about myself:

D. My school (e.g., my teachers, coaches, band and orchestra directors, etc.)

Three things my school would say that I believe:

Three things that my school would say that I value:

Three things about me that irritate my school:

Three things that my school would say are most important to me:

Three things my school would say that I believe about myself:

ACTIVITY OPTION #4: Boundary journal analysis—Who am I?

E. The media

Three things the media would say that my peers and I believe:

_____, _____, _____

Three things that the media would say that my peers and I value:

_____, _____, _____

Three things about my peers and me that irritate the media:

_____, _____, _____

Three things that the media would say are most important to my peers and me:

_____, _____, _____

Three things the media would say that my peers and I believe about ourselves:

_____, _____, _____

III. Analysis

Ways my beliefs about myself are similar to what others think that I believe:

Ways my beliefs about myself are different from what others think that I believe:

How do the areas where we differ affect my relationships with the people in my life?

ACTIVITY OPTION #5: Boundaries for Take-out—An Experiment!

Instructions: There are three parts to this activity. First, read through the document and choose an action from Part 1, then record what happens each day over the course of the week within Part 2. After the week, write your thoughts in Part 3. You'll begin to notice where your boundaries are clear to others and where they are fuzzy or confusing. The hope is to better recognize boundaries and how we might change our boundaries depending on our relationships.

Part 1—Choose the action below and practice it seriously for the week:

1. Answer honestly, when someone asks his or her opinion, even if it is a different opinion than that of the person asking the question.
2. Don't go along with any activity in which you don't honestly want to participate.
3. Stop agreeing or disagreeing with others based on what you think they want to hear.
4. When friends and family ask you for your preferences—such as food, movies, activities—tell the truth, even if it is different from those around you.

Part 2—Record what happens each day:

DAY 1:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

ACTIVITY OPTION #5: Boundaries for Take-out—An Experiment!

DAY 2:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

DAY 3:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

DAY 4:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

ACTIVITY OPTION #5: Boundaries for Take-out—An Experiment!

DAY 5:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

DAY 6:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

DAY 7:

What happened? _____

How I responded: _____

Where do I see that my boundaries are fuzzy or confused? _____

ACTIVITY OPTION #5: Boundaries for Take-out—An Experiment!

Part 3—Thoughts for reflection.

1. Overall, do you feel you need stronger boundaries?

2. Did you struggle to maintain the boundaries at all? If so, in which instances?

3. Was there any person (or people) in particular who made it more challenging to set boundaries? List them here:

4. If so, what do you need to do in the particular relationship(s)?

5. Any other thoughts?

ACTIVITY OPTION #6: You are worthy—Own your life!

Instructions: Read each statement below and see if there is any person or situation in your life that might be similar. The *this* person in the statements below could refer to one particular person in your life, or each example could represent different people. Respond honestly with your perspective by circling a response, and return to the lesson for a discussion by the Lesson Leader after you're done.

| Scenario | Circle 1 of the 3 responses |
|---|---|
| 1. Sometimes I feel like there's constant drama and difficulty in my relationship with *this* person, and that I have to walk on eggshells. | Yes / Possibly / Not applicable to anyone in my life |
| 2. Trying to make decisions on my own without *this* person's input is really tough. | Yes / Possibly / Not applicable to anyone in my life |
| 3. It's just easier to let *this* person have their way than to stand up for what I want. | Yes / Possibly / Not applicable to anyone in my life |
| 4. I have a really hard time saying "no" to *this* person. | Yes / Possibly / Not applicable to anyone in my life |
| 5. Sometimes I'm afraid to say "no" to *this* person. | Yes / Possibly / Not applicable to anyone in my life |
| 6. My family and/or friends feel like *this* person tries to isolate me from everyone else. | Yes / Possibly / Not applicable to anyone in my life |
| 7. I have to be available by text, email or social media at all times for *this* person, or else he/she gets really upset. | Yes / Possibly / Not applicable to anyone in my life |
| 8. I constantly feel guilty around *this* person. | Yes / Possibly / Not applicable to anyone in my life |
| 9. It's always my fault with *this* person. | Yes / Possibly / Not applicable to anyone in my life |
| 10. I constantly feel anxious around *this* person, and nervous about how they're going to react. | Yes / Possibly / Not applicable to anyone in my life |
| 11. I feel like I have to be loyal to *this* person, and obedient to do what they say, no matter what. | Yes / Possibly / Not applicable to anyone in my life |
| 12. Sometimes it's exhausting trying to please *this* person. | Yes / Possibly / Not applicable to anyone in my life |