



BOUNDARY SCENARIOS

Scenario 1

Julio has a job after school at a sporting goods store. His manager really likes and values Julio's work. Oftentimes, when another employee doesn't show up for their shift, the manager texts Julio and asks him to come in and cover the shift. Julio likes his job and is also stressed out because he plays baseball for his high school team and wants to keep up his GPA so that he will have good opportunities for a college scholarship.

- Why would saying "no" to his manager feel difficult for Julio?
- How could he say it in a way that gets his needs met?
- What can Julio control, and what is out of his control?
- Who could Julio talk with for advice or help on how to manage all of this?



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Scenario 2

Victoria's friend Sara is having a hard time. Sara's parents are divorcing, and things are stressful at home. Sara texts Victoria throughout the day and late into the evening to vent about her situation and get support. Victoria wants to support Sara, but she also has her own stressors and needs to help her mom with her little sister, clean her room, get all her homework done, and shower before bedtime. Victoria wants to be there for Sara, but after a few nights of late-night texting, Victoria's grades are slipping, she's tired throughout the day, and she's feeling overwhelmed.

- Why would saying "no" to Sara feel difficult for Victoria?
- How could she set a limit in a way that aligns with her values?
- What can Victoria control, and what is out of her control?
- Who could Victoria talk with for advice on how to manage all of this?



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Scenario 3

Keisha and her friends go to the movies or hang out every Friday night. Keisha is the one who always drives everyone around. She picks up all her friends and takes them home. She is tired of always being the one who drives and has to get home last. Her friends also rarely even offer her gas money. She wants to ask someone else to drive next week but is afraid that her friends will be mad at her and cut her out of the group. She doesn't like feeling "selfish" but she's also resentful and is tired of feeling taken advantage of.

- Why would saying "no" to driving her friends feel difficult for Keisha?
- How could she set a limit in a way that aligns with her values?
- What can Keisha control, and what is out of her control?
- Who could Keisha talk with for advice on how to manage all of this?