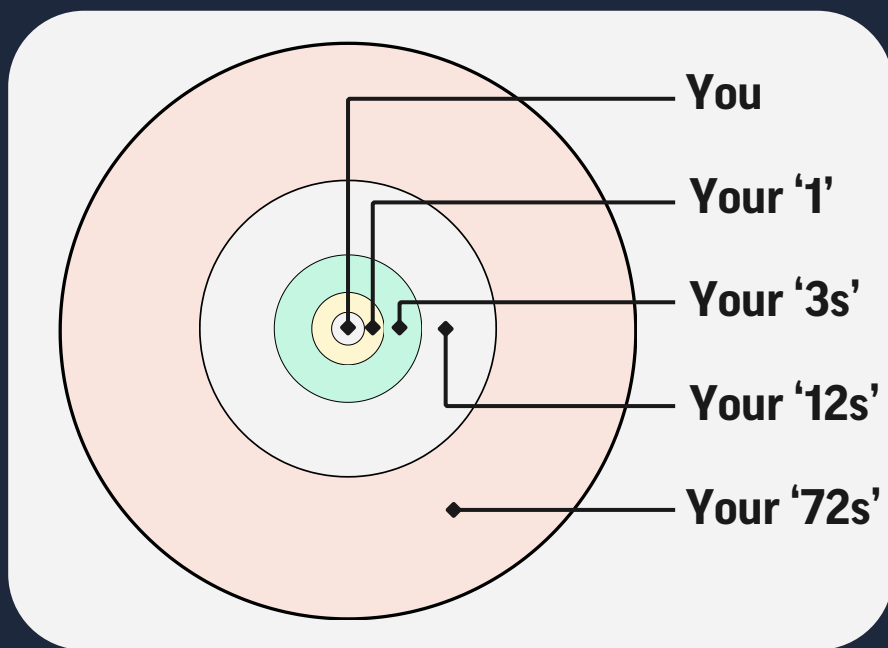


Boundary Circles Activity



What do your boundary circles look like?

List out the names of those in each circle in your life right now. It is ok to leave lines blank, fill in extra names, or not wholly list all your '72s.' This serves as a reflection activity to better understand the relationships in your life and the level of boundaries and intimacy with those individuals.



Boundary Circles Activity



Your '1'

A white circle with a horizontal black line across its center, intended for writing one item.

Your '3s'

A large white circle with three horizontal black lines inside, intended for writing three items.

