

Boundary Setting Scenarios

Scenario 1

At a tournament, the coach sits next to you while watching another team's game. The coach laughs about something, claps your knee, and leaves their hand there. You shift your knee to try to move their hand but they continue to hold on.

Scenario 2

A young artist is selling comic strips at a booth. You start a conversation about art and now they are pestering you to buy something. You repeatedly say you don't have any money.

Scenario 3

Your friends are making fun of other friends on social media. You find it upsetting. You have tried to change the conversation a few times. They tell you to relax and continue.

Scenario 4

You lied to your sibling about trying their clothes on without permission. You have since apologized sincerely. They have accepted your apology but will not let the issue go. For three days now they have followed you around calling you names.

Scenario 5

You told the person you have been dating that you need a break. They give you the silent treatment for three days and then start spreading rumours about you.