



# Exploring Boundaries and Assertiveness

- **Description:** A group that helps clients understand the importance of setting and maintaining healthy boundaries and teaches them how to communicate assertively.

- **Instructions:**

- **Introduction (10 minutes):** Discuss what boundaries are, why they are important, and the difference between being assertive, passive, and aggressive.

- **Identifying Personal Boundaries (20 minutes):** Provide clients with a worksheet to help them identify their personal boundaries in different areas of their lives (e.g., work, family, friendships). Discuss where their boundaries might need to be strengthened or adjusted.

- **Role-Playing Assertive Communication (30 minutes):** Set up scenarios where clients practice assertive communication. Use role-playing cards that outline different situations where clients may need to set or reinforce boundaries.

- **Interactive Activity (20 minutes):** Use a hula hoop or a circle of rope to represent personal boundaries. Have clients step inside the hoop and practice saying "no" or asserting their needs to someone outside the hoop.

- **Reflection (20 minutes):** Discuss the role-playing and interactive activities. Encourage clients to reflect on how they felt during the exercises and how they plan to apply assertiveness and boundary-setting in real life.

- **Facilitator Role:** Educate on boundaries and assertiveness, guide the role-playing exercises, and facilitate the interactive activity.

- **Client Role:** Reflect on their boundaries, practice assertive communication, and engage in the interactive boundary-setting exercise.