



Celebrating Families! Parent Self-Assessment

Session #12 - Healthy Boundaries

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Name: _____ Date: _____

What area of the Healthy Living Circle is today's topic about? **PH**ysical, **PS**ychological, **SO**cial or **SP**iritual. Please circle or highlight your answer on the top left-hand corner. You can select more than one

I connected to the remote learning session today using:

- Phone/voice only
 Phone/with visual
 Computer
 Tablet

I agree to the telehealth services offered by Uplift Family Services _____

I participated for the entire group time:

- _____
 (Initials)
 Yes No

I was late or unable to because _____

Is there ANYTHING that you currently need? (food, clothing, housewares, other resources etc.)

Opening:

- Centering
 Announcements & Milestones
 Review of Group Agreements

AGENDA

Insights for Living :

- Activity #1: My Physical Boundaries
 Activity #4: My Body Truth Statements and song
 Activity #2: Healthy and Unhealthy Boundaries
 Activity #3: Saying "No" to others
 Activity #5:

MY FAMILY THIS WEEK

We had _____ family meals this week and we talked about: _____
(How many?)

I was able to spend one-on-one time with each of my children this week: Yes No

What did you do? _____

One affirmation I gave to my child this week is: _____

If your child is not living with you, did you have a scheduled video or phone visit with your child this week? Yes No

What is one thing they did or shared that you enjoyed? _____

What is at least one thing you are doing to maintain your physical, psychological, spiritual or social health? _____

What is one skill you learned in CF! that you used or tried this week? _____

What is one Act of Kindness you or your family did this week? _____

How many times were you able to center/meditate this week? _____

What is one WOW Moment you experienced this week? _____

Are you attending any remote recovery groups? Yes No
 If so what group or program? _____ How many? _____

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Last Session, during Family Time, we had you complete a Staying Safe Checklist. Planning ahead of time and identifying healthy people is part of Making Healthy Choices. This involves us having discussions with our children about how we can all stay safe. Was it easy or difficult to complete the Staying Safe Checklist? Easy Difficult , if so why?

Were you able to discuss and review your answers with your children? Yes No How did it go?

Session #12 – REFLECTION AND SHARING

Activity #1: My Physical Boundaries – Instructor lead discussion

The first step to setting healthy boundaries for ourselves and learning to say “NO”, is to know what our physical boundaries are. Not everyone shares the same comfort or discomfort around physical boundaries/space. What’s important is that you know your own.

How does it feel to have someone enter your space? _____

In what ways can someone violate your personal space? _____

What are the physical sensations you have when the person who is entering your space makes you feel uncomfortable? _____

How can you take care of yourself when someone enters your personal space? _____

Activity #2: Healthy and Unhealthy Boundaries (Handout 2)

After reviewing the handout, **Signs of Healthy and Unhealthy Boundaries**, circle any healthy items you are already using, what are they: _____

What are the unhealthy boundaries that you feel you may still need to work on: _____

Activity #3: Saying “NO” to others – Instructor lead (Handout 3)

Use the handout, **Saying No To Others**, to complete the skills statements below:

1.) _____ and _____ to your inner voice

2.) _____ about how you could _____

3.) _____ an _____ and _____

Learning to say “no” to others is another way to establish a healthy boundary. Do you feel comfortable saying “no” to others, or is it something you need to work on? Explain _____

Activity #4: My Body Truth Statement

Everyone has the right to protect their physical boundaries by saying “NO” when others violate them in ways that feel uncomfortable. Write down this statement on the attached post-it and put it somewhere as a reminder for you and your children.

MY BODY BELONGS TO ME AND ONLY ME!

How do you help your children maintain their own physical space boundaries? (For example: “I don’t make them greet family or friends with a kiss if they don’t want to”) _____

Family Time Activity/Homework Handout 4: My Body Song By Peter Alsop on YouTube