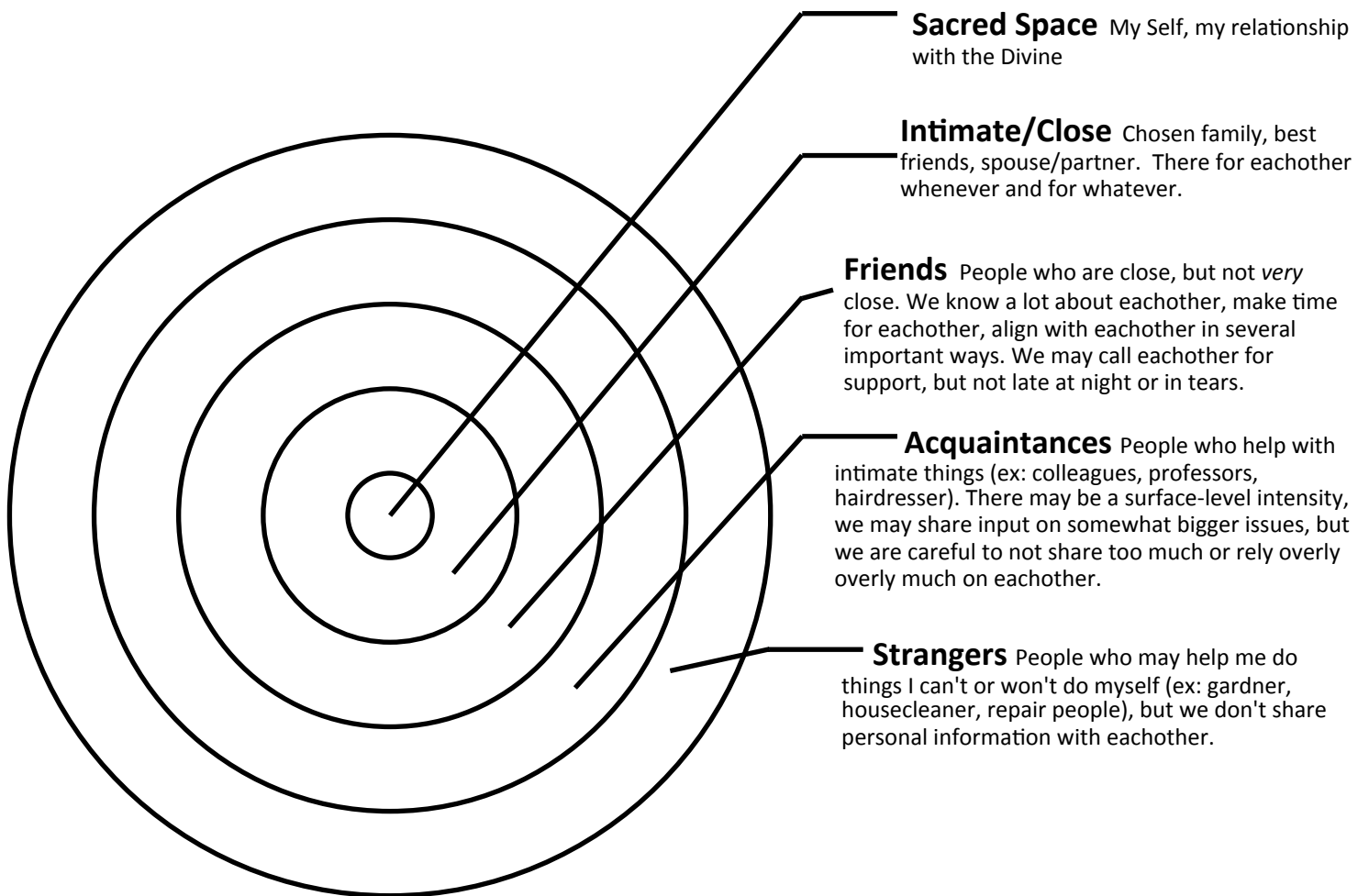


Boundaries in Relationships



In each circle...

How much would you share vs keep private (how vulnerable/known would you be)?

How would you manage conflict?

What would loyalty and trust feel like (how much would you expect from others, how much would they expect from you)?

What metaphors could you draw on to understand these boundaries more clearly?

Would you add any more circles (ex: distinguishing between spouse vs best friends; good friends vs casual friends; or strangers you feel safe around vs strangers you don't feel safe around)?