

Building Boundaries Book

An activity book to guide you through a world of different relationship dynamics



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Overview and Purpose

The “Building Boundaries Book” is a series of interactive activities created by and for ASU students. Students looking to complete this book are currently members of the community involved in any type of relationship -- (among friends, romantic partners, roommates, or otherwise). Participants will complete activities and read through associated descriptions in order to learn about their relationship within themselves, and how to develop that with other people. The activities can be completed independently or in groups of two or more people. Some activities are best completed independently, but as the activities progress, this is less critical.

Participants completing activities in this book will explore topics in this book including, but not limited to:

- The Social-Ecological Model
- Healthy relationships
 - Interpersonal (with others)
 - Intrapersonal (with yourself)
- Setting and enforcing boundaries
- Community resources



The purpose of this activity book is to help ASU students understand relationship dynamics, and have the tools to better navigate them effectively, regardless of who they are communicating with. This book intends to provide students with the knowledge and confidence to recognize healthy relationship boundaries, and reinforce values that are important. This book is meant to educate students in a fun and interactive way, but should not be a replacement for professional resources when necessary.

We hope you enjoy the activities in this book and learn about yourself and how you engage with the people around you in various relationships and communities!

Understanding the Social-Ecological Model

Our first activity aims to address each aspect of the "Social- Ecological Model" with a comprehensive lens, but focusing largely on the individual relationship levels in this book.

For the purposes of this book, we refer to the individual and interpersonal level, which "complement and reinforce one another", to largely understand the relationships which will be experienced in most depth at this level. This is to show how overlapping rings can and do influence what happens in the other rings.

For fun, we call them...
"Relationship Rings"!

Developing the individual level first and foremost emphasizes the importance of developing a strong foundation for which to build other relationships.

The Social-Ecological Model goes as follows:

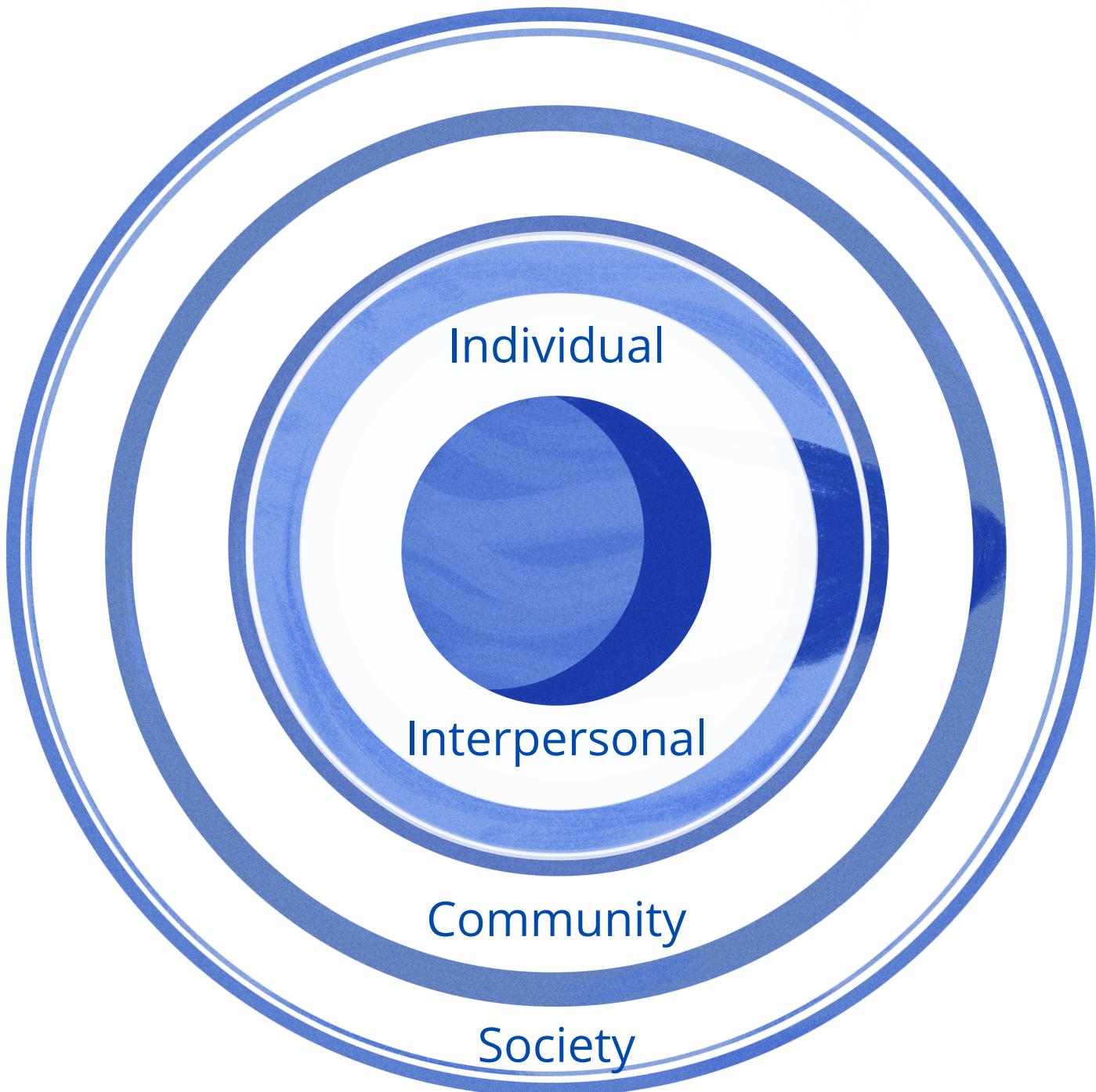
- Individual: Knowledge, attitudes, skills
- Interpersonal: Social network; family, friends, romantic partners
- Community: Coworkers, acquaintances, classmates, professors
- Society: Clerks, doctors, university faculty members

These are examples of the types of relationships or mindsets that one might have at each level.

Notice how the individual level is only within yourself, so it includes only mental concepts.

Relationship Rings

The Relationship Rings are dynamic and fluctuating, just like your real relationships!



Try it for Yourself!

To further understand the different levels, fill in the different levels with the people in your life who might fit in at each level. People can overlap and be in between levels, or people can move between the rings across time as relationships change.



Individual Level

The Relationship Rings start with the individual level because **YOU** are the center of your own universe! It is important to treat yourself kindly and allow yourself the space you need, especially in times of hardship. One way to care for yourself, is to reflect on what makes you special and happy to be you.

Values

[the things that are important to you, that make you who you are and motivate your decisions]

Hobbies

[activities you do solely for enjoyment. These separate you from your academic and professional life.]



Accomplishments

[Things you have done that make you feel proud to be you]

Goals

[The things you are working towards, aka your Future Accomplishments]

A Box for You

[Use this space to jot down words of encouragement, the qualities you like in yourself, or anything else you please]

Interpersonal Relationships

The second Relationship Ring is full of your closest companions; these are your friends, family members and romantic partners. There is something in each of them that makes them special to you and it's likely these qualities vary between the relationships you have. It's not uncommon to have different expectations for your romantic partner than you do for your best friend, or to appreciate one type of interaction with your friends but not with your parents.

You also probably show them love in different ways, and however this is expressed it is important to care for and actively show appreciation for your second-most inner ring.



These are some traits
that may be in healthy,
happy, and balanced
relationships.

What are you looking for?

Q	D	F	T	O	C	F	B	S	F	M	U	F	Y	A
J	E	S	N	C	F	K	X	X	J	S	V	M	O	M
O	E	L	E	L	R	F	A	M	K	Y	W	E	U	K
T	Q	M	W	G	J	I	Z	E	I	D	S	Z	L	L
Y	W	B	E	R	L	K	D	U	G	Y	B	X	S	K
H	I	G	Q	I	F	R	F	F	B	W	P	H	J	Q
N	G	Q	U	M	J	N	Q	P	B	I	Q	T	S	R
D	T	L	N	R	C	R	H	I	R	L	H	H	Z	I
Q	U	G	G	V	I	F	Y	K	Y	U	J	Z	W	G
N	G	M	O	I	S	L	X	E	C	Z	L	C	Q	R
R	U	V	H	I	O	M	V	J	M	T	D	O	C	S
G	P	Z	Z	N	O	A	U	T	F	I	B	J	E	D
Y	I	H	E	Y	T	F	M	W	K	D	M	O	D	L
Z	Y	Q	F	J	A	Z	S	I	B	I	N	R	Y	F
T	Q	I	M	Q	E	O	L	C	W	H	B	B	T	U



BOUNDARIES
COMMUNICATION
COMPROMISE
FRIENDSHIP
HONESTY
INDEPENDENCE
INTIMACY
KINDNESS
LAUGHTER
LOVE
PATIENCE
RESPECT
SUPPORT
TRUST
UNDERSTANDING

Love Languages

Most people have one primary and secondary love language-- that means they express love or affection predominantly in one way most of the time (which falls into one of the five categories) built it also means that they like to receive love and affection that way.

"People tend to give love the same way they like to receive love". But sometimes the love languages of two people don't perfectly align, and that's okay!

That's why it is important to talk to others about what your love language is, and what theirs is as well.

Understanding this can help you navigate expressing your care for one another, and that may be different if you're communicating with a family member, a friend, or a romantic partner.

The love languages are here to help you understand how to receive appreciation that you genuinely APPRECIATE! And to help cultivate relationships where everyone can be expressive, understood, and happy.



What's your Love Language?



Your birthday is coming up! Which of these gifts would mean the most to you coming from a friend or romantic partner:

- A. A hand-written letter expressing their love and appreciation to you.
- B. A day set aside to spend time together, doing whatever you two love most.
- C. A massage or foot rub from them.
- D. A gift basket full of your favorite sweet treats and a photo album of your memories together.
- E. Preparing you breakfast in bed full of your favorite foods that they make best.

You have received upsetting news and are looking for support from a loved one, what would you appreciate?

- A. A heartfelt conversation and reminder of your worth.
- B. Taking a walk together or watching a movie.
- C. A long hug.
- D. A surprise ice cream sundae from your favorite shop.
- E. An offer to clean your home and make dinner.

You have been really stressed out lately trying to juggle school, work, and all of your other endeavors. What would help relieve your stress?

- A. A loved one posting notes around your room with compliments on how hard you have been working.
- B. A special night off to go out to dinner with friends or your romantic partner.
- C. Cuddling with a loved one or pet
- D. A gift card to your favorite coffee shop to help make your busy days a bit better.
- E. Coming home to a bath drawn for you, candles lit, and a facemask ready for you.

Understanding your own Love Language and that of those around you can help to facilitate communication, and understand where you may differ from others.

Finding the gaps to bridge will help you in establishing strong bonds with many relationships and appreciate the different communication styles you have.

If you scored mostly...



a. Words of Affirmation

- You appreciate compliments and acknowledgements
- You like when others say they care about you or appreciate having you in their lives
- You love feeling understood and receiving recognition for a job well done

b. Quality Time

- You appreciate having time with a loved one to cultivate togetherness and connectedness
- You express your love and affection with your undivided attention
- When you're with someone you like to put down your phones and focus on each other



c. Physical Touch

- You use nonverbal language and touch to let others know they are cherished
- Your touch signifies that you feel safe and seen in the relationship
- When you express yourself with touch it does not need to be sexual in nature as long as it conveys intimacy



d. Gift Giving

- For you, gifts are a symbol of love, affection, and understanding.
- Gifts can hold sentimental value or convey meaning that someone is thinking about you
- When gift giving, there is love within the process of choosing the gift, delivering it, and every time the receiver looks at or uses it



e. Acts of Service

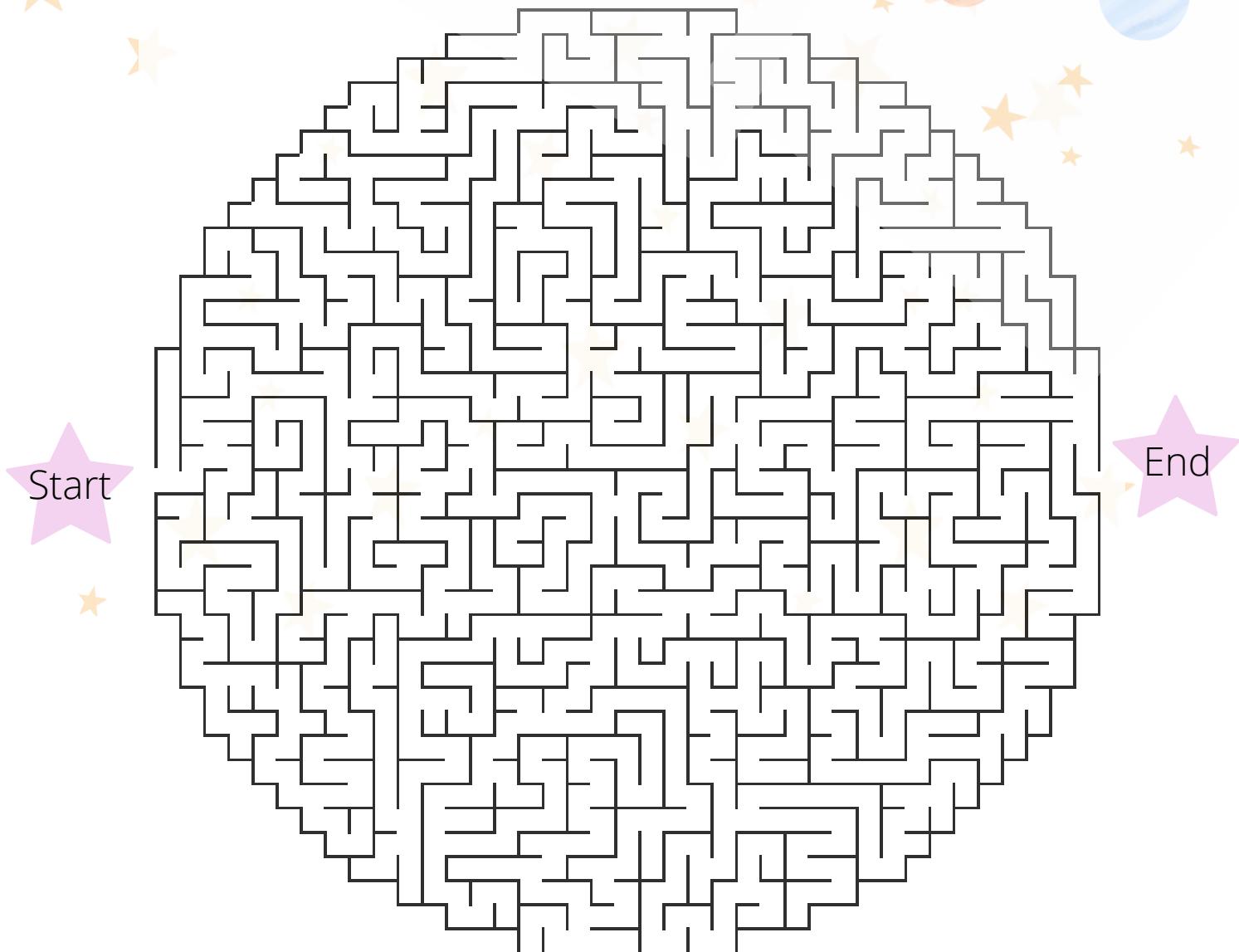
- You appreciate a favor or task completed for you with positivity and happiness
- When you do something for a loved one it signifies that you are on their team and want to support them
- You like to help out a loved one and make their day easier to show that you care about their well-being

Community Level

Just like it is important to form boundaries for all of the closer relationships you have, it is also good to do so in your community!

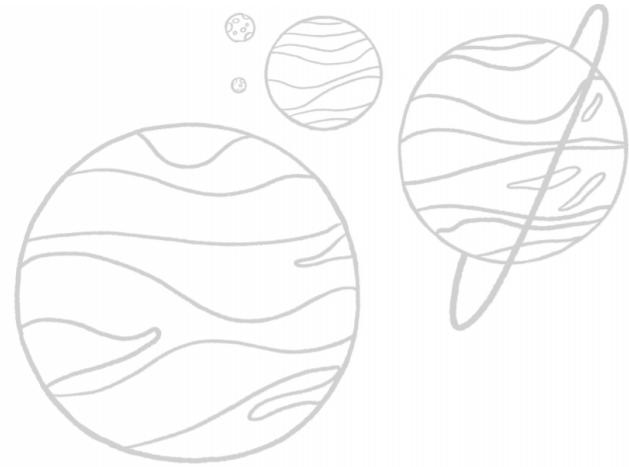
However, it may be harder to navigate. This is because while you are a complex person in your own universe, everyone else is too. They also have many relationship rings they have to manage, and it can be tricky figuring out the different ways to communicate. It can be especially hard when you don't know someone well, or have a more professional relationship with them. Be sure to reach out for help if you need it!

Navigating the Community

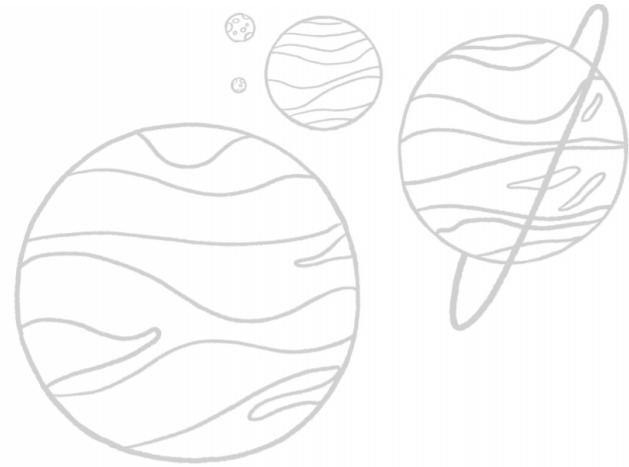


When navigating through your community, keep in mind that there can be many paths to reach your goals, and many paths you may cross along the way!

Notes



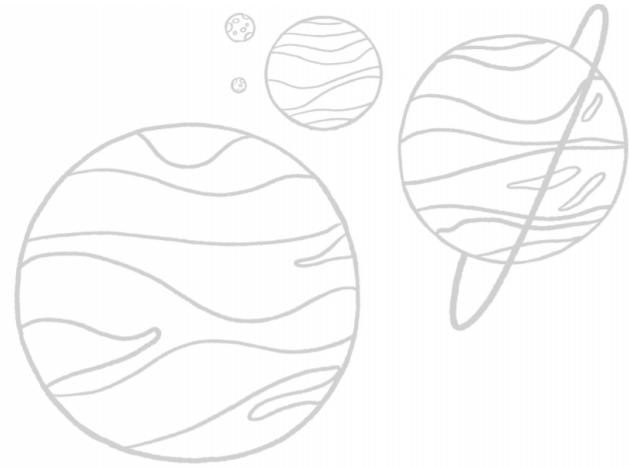
Notes



Notes



Notes



Community & Society Resources

National Sexual Violence Resource Center
nsvrc.org

Rape, Abuse & Incest National Network
rainn.org

Suicide/ Crisis Hotline (Maricopa County)
480-784-1500

Crisis Hotline (Arizona)
1-866-205-5229

National Suicide Prevention Hotline
1-800-273-8225
www.suicidepreventionlifeline.org

Thank you!

We hope you enjoyed completing the activities in this book and learned a little bit about yourself and those you care about!

We also hope that you continue to learn and grow through all your relationships, because you are out of this world!

-Rachael and Kaitlin

