



### BOUNDARY EXERCISE

What are my responsibilities?

Exercise: Think of the responsibilities you have that are overwhelming you at present. Write down the aspects that are truly yours in your circle and then write down the aspects that are actually someone else's responsibility. For example, "I am responsible for making my child do his homework." In truth, your responsibility is only to make sure he has the opportunity to do his/her homework and your child's responsibility is to "do the work". The child's teacher is responsible for making sure the work is understandable by the child.