

## BOUNDARIES

Define your place, position, or existence.

Allow others to know and respect you.

Give you a sense of “self”.

Are necessary in all relationships.

Include honest and independent expression of feelings, opinions, and needs without blame, judgement, or control of others.

Allow others to know what is acceptable and not acceptable to you.

Teach others how to treat you.

Allow you to experience authenticity, integrity and self-respect.

Provide a foundation for your life.

Allow you to be decisive about what’s best for you without imposing your beliefs on others.

Allow you to exist independently from others while being in community with them.

Are the “compass” of your life.

Allow you the freedom to determine your own destiny.

Are susceptible to and allow for flexibility, change, and growth.

Allow others their own opinions and decisions.

## CONFLICT

Is necessary for growth, understanding, and the generation of solutions.

Includes mixed messages and feelings.

Misunderstanding or miscommunication is a *stage* of conflict.

Is a part of life, not something to be avoided.

Of five approaches to conflict: avoiding, accommodating, compromise, competing, and collaboration, the last is the only “win/win” situation.

Is most effectively handled when parties agree to “groundrules”, including “agree to disagree.”

Can create “intimacy” or bring people closer together.