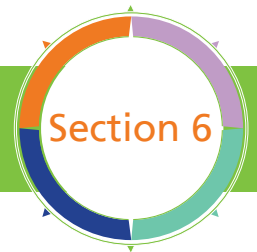


Compassionate Boundary Setting



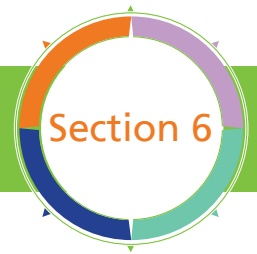
Parent & Caregiver



Circle Agenda

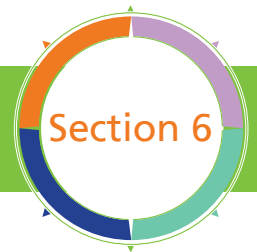
Circle Topic	
CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience	
Planning	<ul style="list-style-type: none"> <input type="checkbox"/> Send out pre-read for Section 6 <input type="checkbox"/> Prepare materials for Session 6 <input type="checkbox"/> Write Brené Brown quote on flipchart paper to hang in the room
Purpose of Circle	<p>Today you will:</p> <ol style="list-style-type: none"> 1. Learn how to set boundaries that will help us build compassion resilience.
Time/Materials/Preparation	<p>Time: 90 minutes</p> <p>Materials:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Group agreements <input type="checkbox"/> Group values and family goals <input type="checkbox"/> Centerpiece <input type="checkbox"/> Talking piece <input type="checkbox"/> Fidgets <input type="checkbox"/> Flipchart paper with compassion resilience definition <input type="checkbox"/> Markers <input type="checkbox"/> Flipchart <input type="checkbox"/> Name tags <input type="checkbox"/> Handout: Tips for Compassionate Boundary Setting <p>Preparation: Arrange chairs in a circle without furniture in the middle. Hang compassion resilience definition and Brené Brown quote on the wall.</p>

Compassionate Boundary Setting



Circle Topic	CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience
Opening and Check-in (20 minutes)	<p>Share</p> <ul style="list-style-type: none">• Welcome back! I invite everyone to get into a comfortable position with your eyes closed or looking towards the ground. We are going to take a moment to pause. Take a few slow breaths. <i>(Pause)</i> Name in your mind what you want to let go of to be present in this circle and your personal reason for being here. <i>(Pause for 10 seconds)</i> I invite you to bring your attention back to the circle. <p>Ask</p> <ul style="list-style-type: none">• (Talking piece) <u>How are you doing on a scale of 1-5? If you had a free day to do anything you wanted what would you do?</u> <p>Share</p> <ul style="list-style-type: none">• Last time we were together, we looked at expectations and the impact our expectations have on our well-being and our families. Today we are going to look at how to incorporate those expectations into setting compassionate boundaries with others; using our “nos” to support our “yeses”.• As always, we will work to follow our group guidelines during our time together.
Guiding Questions (45 minutes)	<p>Share</p> <ul style="list-style-type: none">• I have a quote from Brené Brown to center us in our conversation around boundaries today.<ul style="list-style-type: none">— <i>“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment.”</i>• We know having boundaries is important and it can be helpful to explore the different types of boundaries to help us think about what boundaries we tend to have.<ul style="list-style-type: none">— Permeable/with holes – A boundary is set, but there is very little reinforcement of the boundary. For most of us, having overly permeable boundaries will allow unwanted behaviors from others and may mean that we are letting too much of ourselves out, limiting our privacy and self-care.— Rigid – These are the boundaries that you reinforce at all costs. Too rigid boundaries do not allow us to be open to new ideas or perspectives and can often keep us in the dark and unapproachable.— Flexible – Flexible boundaries are firm and clear yet open to new ideas and resources when needed. They are also sufficiently closed to protect us from harm.

Compassionate Boundary Setting



Circle Topic

CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience

Guiding Questions
(45 minutes)
(continued)

Ask

- (Popcorn) What type of boundaries do you usually have with your family?

Share

- We are going to do an activity to help us think about what boundaries we need to set to create and maintain the type of family culture we'd like to see.

Ask

- (Popcorn) What are specific behaviors your family exhibits when they are at their best?

Scribe the examples on a flip chart paper.

Facilitator Tip: Coach participants to be as specific as possible with their behavior brainstorm. For example, "we are respectful" needs to be more specific — what one person considers respectful could be very different than another. A more specific example would be, "we greet each other when we see each other for the first time in the morning and upon returning home."

Share

- These things are our "yeses" for our family. Things that we'd like to see in our family culture. If you did this activity with your family, these could be used to create family agreements.
- In our role as parents and caregivers we guide our children and the best way to guide them is through the boundaries they see us set.

Ask

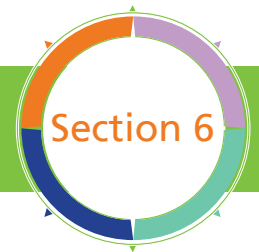
- (Popcorn) What is a boundary that you could put in place that would allow you to do the behaviors listed on our list most of the time?

Scribe the examples on a flip chart paper.

Facilitator Tip: An example of a boundary that could help meet the desired behavior of having dinner together as a family most evenings would be to restrict activities that keep us out of the house during mealtimes to twice a week.

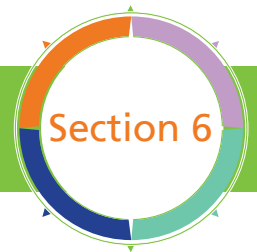




Compassionate Boundary Setting



Circle Topic	
CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience	
Guiding Questions (45 minutes) <i>(continued)</i>	<p>Hand out Tips for Compassionate Boundary Setting and point out that their specific behaviors of their family at their best are their “yeses”. Knowing these is the first step to compassionate boundary setting. Walk participants through the rest of the handout.</p> <p>Ask</p> <ul style="list-style-type: none">• Please find a partner. Use the tips for compassionate boundary setting to practice how you would state the boundaries listed to someone you wanted to respect the boundary.• (Popcorn) <u>What are some of the examples you practiced in your pairs?</u>• (Popcorn) <u>Can I have one or two volunteers to share a story of when they successfully set a new boundary that promoted positive change in their life?</u>
Check for Understanding (10 minutes)	<p>Ask</p> <ul style="list-style-type: none">• (Popcorn) <u>What do you think makes setting boundaries difficult at times? What do you want to remember from today that might help you to set compassionate boundaries when you need to?</u>
Self-care and Closing (15 minutes)	<p>Share</p> <ul style="list-style-type: none">• To end our time together, I want to share a passage from Michelle Olak that helps sum up our conversation around boundaries: <p>And then I learned The spiritual journey had nothing to do with being nice. It had to do with being real and authentic. Having boundaries. Honoring and respecting my space first, others second. And in this space of self-care, being nice just happened, it flowed... not motivated by fear, but by LOVE.</p> <p><i>By Michelle Olak</i></p>

Compassionate Boundary Setting



Circle Topic	CR Section 6: Compassionate Boundary Setting to Build Compassion Resilience
<p>Self-care and Closing (15 minutes) <i>(continued)</i></p>  	<p>Ask</p> <ul style="list-style-type: none">▪ (Talking piece) <u>Share a possible family expectation that you either currently have or would like to put in place to support one of the boundaries identified.</u> <p>Facilitator Tip: <i>A follow-up to this question could be a reminder back to the content of the last group on expectations. Is the expectation you brainstormed an expectation that you have already talked with your family about or might it be something you could discuss soon?</i></p> <p>Share</p> <ul style="list-style-type: none">▪ Thank you for being here today. We look forward to seeing you (<i>insert next meeting day/time here</i>). <p>Facilitator Tip: <i>Save the “Our Family at Its Best” brainstorm for next session.</i></p>