Boundary Consequence Check

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A shared space is repeatedly noisy.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Separate actions within one's control from threats intended to control another person.

3. Which response can the speaker actually carry out?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.