Anger Boundary Workshop

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 friend repeatedly borrows things without asking.

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

2. Try this task: Practice naming anger while setting a specific nonthreatening boundary.

3. What would a clear boundary sound like?

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.