Family Boundary Doorways

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

Family members want different amounts of time together.

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

2. Try this task: Represent individual space and shared connection in an imaginary household map.

3. Where could a doorway replace a demand?

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.