Boundaries with Old Contacts - Cooperative Planning Workshop

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member is deciding how much contact fits an old friendship.

1. What is known in the fictional example, and what needs checking?

2. Compare contact options, personal goals, safety concerns, and support needs without judging entire relationships. My notes, drawing, or possible response:

3. What degree of contact supports current choices?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.