Support Network Boundaries

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 supporter asks for constant updates.

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

2. Try this task: Distinguish helpful support, unwanted monitoring, and requests that need renegotiation.

3. What agreement would respect both support and autonomy?

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.