

Boundaries: clear, respectful choices | Facilitate

Facilitator Notes: Boundaries in Context

Mental health professionals | 10 to 20 minutes | Session guide

Support a person's choice while attending to power, culture, and practical constraints.

Boundary work can become unhelpful when it assumes that everyone can safely say no. Use this guide to choose a relevant activity and check the conditions surrounding it.

How to use this page

Prepare one exploration or rehearsal with the person's consent. The time estimate covers this planning task, not assessment of every legal, relational, or safety issue.

Understand the stakes

Ask what the person wants to protect and what could happen if they speak. Consider financial dependency, employment, caregiving, discrimination, disability, immigration concerns, and coercion. If retaliation is possible, prioritize private support and appropriate specialist planning over direct rehearsal.

Offer more than one communication route

A spoken statement is one option. Writing, using an advocate, requesting time, or making a private plan may fit better. Ask what respect and directness mean in the person's context. Do not prescribe eye contact, volume, or posture as proof of confidence.

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Review without grading

Invite the person to judge whether the activity increased clarity or created pressure. If practice did not happen, examine fit and barriers. Distinguish a negotiable request, a personal limit, and an obligation requiring clarification. Use supervision or specialist consultation when the issue exceeds your competence or role.

1. Context, communication options, and consultation needs to address through approved clinical processes

Facilitator notes and adaptation

A person is not responsible for preventing another person's abuse through better communication. Keep real clinical information in approved records; these pages do not provide legal advice or establish safety.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB06 | Centre for Clinical Interventions, Government of Western Australia | Assertiveness: Improving Assertiveness Self-Help Resources

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<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness>

PB07 | Department of Health, Government of Western Australia | Assertive Communication

https://www.health.wa.gov.au/sitecore/content/Healthy-WA/Articles/A_E/Assertive-communication

PB02 | National Domestic Violence Hotline | Should I Go To Couples Therapy With My Abusive Partner?

<https://www.thehotline.org/resources/should-i-go-to-couples-therapy-with-my-abusive-partner/>