

BOUNDARY BREAKING

(Probably best late in the semester, once levels of trust and openness have expanded. Should only be attempted if your group can take it seriously--Will take more than one period.)

Everyone sits in a circle. Cards (listed below) have been put face down in the center of the circle.

PART I

- Beginning with an advisor, who will model a response, each member will pick up a card, read it, respond, and pass it to the person sitting on his/her left. Each person will answer each question—by interpreting the question any way he/she chooses. If someone can't answer the question the first time it comes by, that person may pass at the time, but should be given an opportunity to respond before the next card is chosen.
- After everyone has had a chance to respond to the question, someone else in the circle chooses another card.
- Tell everyone that the emphasis of this exercise is on listening to others. Tell them to try not to think about how they're going to answer each question until they get the card. They should answer as spontaneously and honestly as they can. No one should debate with or disagree with anyone else. The only person talking should be the person holding the boundary-breaking card.

Print the questions below (or other questions you wish to use) on index cards:

- What one day in your life would you like to live over?
- What are two things that you worry about?
- Describe the hardest thing that you have ever done. What make it so difficult?
- What is the most memorable experience that you and your family have had together? What made it so special?
- When do you feel most lonely?
What was your favorite fairy tale or story when you were little?
- When do you feel most alive?

PART II

Reflect on the following questions:

- What did you notice about yourself as you went through this exercise?
- What did you notice about others in the group?
- How comfortable was it to reveal your personal values opinions, and background to others in the group?
- What made it comfortable or uncomfortable to do so?
- How have your boundaries expanded or contracted as a result of this activity?
- When is it important to respect boundaries? When might it be appropriate to cross other people's boundaries?
- If you could add another question to the cards, what would you add?