



Personal and Relational Boundaries Video Review

Boundaries are _____

Self check (circle all that apply)

I feel that setting boundaries is insensitive and controlling

Yes No Sometimes

I feel that firm boundaries are important and I do not tolerate boundary infractions

Yes No Sometimes

Boundaries allow us to _____ without strings attached

Boundary of Time Self-Check (circle all that apply to you)

As I evaluate any given week, on average how much time can I likely spend with with a Seeker outside of a Church service we attend together?

30min - 1hour

1hour-2 hours

2 or more hours

I don't know

Boundary of Money

As an Anchor Family, I AM _____ responsible for financially supporting the Seekers.

I am comfortable spending the following amount on an outing (circle all that apply to you)

0-\$10

\$10-\$20

\$20-\$30

\$30 or more

The Samaritan man practiced _____ within the care he offered.
(Luke Chapter 10)

Practicing healthy boundaries will draw Seekers' dependence on the _____ who can fully transform their lives

Boundary of Self-Disclosure and Confidentiality (circle the correct response)

Treat ALL/MOST/SOME information as confidential unless specifically addressed otherwise.

Be careful when disclosing _____ information in order to protect yourself and others

Practicing healthy boundaries in the work of loving others like Jesus is (circle all that apply)

Easy Always a Joy Sometimes Difficult Hard

Compassion fatigue: secondary traumatic stress, is a gradual lessening of _____ for others over time.

Protective factors against compassion fatigue (circle all that apply to you)

- Realize that you are at risk
- Maintain supportive relationships with others
- Reach out to a healthy community of believers
- Release outcome of the relationship to God

Is it likely that boundaries will be challenged? Yes or No

Your Notes:

- Protect the well-being of the relationship
- Consider short-term and long-term consequences
- Act honestly
- Take time to respond, if needed
- Listen well

Boundaries may _____ but they never _____.