

## Scenarios - Boundaries

## Scenarios 1a

You have been away with your family for 1 year. You haven't seen your friend (person B) in a long time. You have really missed them. As you approach them observe how you feel in your body as you say and do the following:

1. Make eye contact
2. Smile and say hi.
3. Ask them something about themselves.
4. Give them a hug

**You will do this 4 times:**

First time - As a practice run (to get the giggles out!).

Second time - Assertively and confidently.

Third time - Be painfully shy.

Fourth time - Aggressively, they didn't get in touch with you at all while you were away.

## Scenarios 1b

Your friend (person A) has been away with their family for 1 year. You haven't seen them in such a long time. Observe how you feel in your body when they approach and with what they say. Which zone are you in?

1. Comfort
2. Stretch
3. Panic

- This will happen 4 times - the first as a practice run (to get the giggles out!). The other 3 times with different behaviours.
- Observe what you think and how you feel about each of these behaviours.

## Scenarios 2a

You are a male interested in a female (person B). Observe how you feel in your body as you say and do the following:

1. Make eye contact
2. Smile and say hi.
3. Ask them something about themselves.
4. Ask them out on a date.
5. Touch their arm with your hand.

**You will do this 4 times:**

First time - As a practice run (to get the giggles out!).

Second time - Assertively and confidently.

Third time - Painfully shy.

Fourth time - Aggressively, like you own them.

## Scenarios 2b

You are a female, the male approaching you appears interested in you. Observe how you feel when they approach and with what they say. Which zones do you feel like you are in?

1. Comfort
2. Stretch
3. Panic

Choose an appropriate response to the zone you are in.

- This will happen 4 times - the first as a practice run (to get the giggles out!). The other 3 times with different behaviours.
- Observe what you think and how you feel about each of these behaviours.

### Scenarios 3a

You are a male interested in another male (person B), approach them. Observe how you feel as you say and do the following:

1. Smile and say hi.
2. Ask them something about themselves.
3. Ask them out on a date.
4. Touch their arm with your hand.

**You will do this 4 times:**

First time - As a practice run (to get the giggles out!).

Second time - Assertively and confidently.

Third time - Painfully shy.

Fourth time - Aggressively, like you own them.

### Scenarios 3b

You are a male, the male approaching you appears interested in you. Observe how you feel when they approach and ask you different questions. Which zone are you in?

1. Comfort
2. Stretch
3. Panic

- This will happen 4 times - the first as a practice run (to get the giggles out!). The other 3 times with different behaviours.
- Observe what you think and how you feel about each of these behaviours.

### Scenarios 4a

You are in a relationship with person B. They had sex with you last week and you think they are up for it again. As you approach them observe how you feel as you say and do the following:

1. Smile and say hi.
2. Ask them something about themselves.
3. Give them a hug

**You will do this 4 times:**

First time- As a practice run (to get the giggles out!).

Second time - Assertively and confidently.

Third time - Painfully shy.

Fourth time - Aggressively, they didn't reply to any of your text messages.

### Scenarios 4b

You are in a relationship with person. You had sex with them last week and have regretted it ever since. Observe how you feel when they approach and with what they say. Which zone are you in?

1. Comfort
2. Stretch
3. Panic

Choose an appropriate response to the zone you are in.

- This will happen 4 times - the first as a practice run (to get the giggles out!). The other 3 times with different behaviours.
- Observe what you think and how you feel about each of these behaviours.