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Peer Group Chat Summary

Date: 23.11.23

Topic: Asserting Our Boundaries

Description: Asserting our boundaries with others can be difficult to do, but it is vital to maintain our own mental well-being and wellness. Join us to chat about some experiences that you may have had with setting boundaries, the different boundaries that we may have, and how we can assert these to others.

Summary of discussion: [Common themes in discussion, common feelings, what sub-topics did the questions unpack etc. Prompts: People felt.... We discussed what X brings to mind... There were some contrasting perspectives on X

- Our current boundaries that we hold
-
- Improving our assertiveness to others with our boundaries
-
- How support might be helpful when asserting boundaries
-

Discussion questions

Q1. What are some of your boundaries that you have in your daily life?

Q2. What might it look like to assert your boundaries?

Q3. Have you ever had to establish boundaries that were challenged by someone? How could you reassert your boundaries in such a situation?

Q4. How might you know what boundaries you need to prioritise asserting in different situations?

Q5. What has helped you to improve your assertiveness with your boundaries? Or what might help you?

Q6. What support might be helpful when learning to assert boundaries?

Q7. Do you have any tips or tricks for asserting boundaries? Tell us about them!

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Resources

These are the resources that were shared during the session: [paste resources/links below]

1. 'How to be Assertive and Set Healthy Boundaries':
<https://welldoing.org/article/how-be-assertive-set-healthy-boundaries>
2. Katie Morton 'Creating & Maintaining Boundaries':
<https://www.youtube.com/watch?v=gBpDwbTsLIE>
3. How to be Assertive': https://www.youtube.com/watch?v=_LLvxkALPfg
4. 'The No BS Guide to Protecting your Emotional Space':
<https://www.healthline.com/health/mental-health/set-boundaries>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Asserting-Our-Boundaries-Thursday-23rd-November/m-p/1363214#M354714>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.