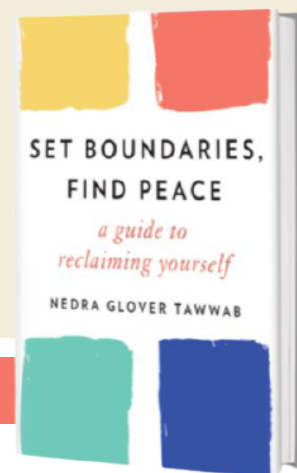


SET BOUNDARIES, FIND PEACE

BOOK CLUB GUIDE

BY NEDRA GLOVER TAWWAB



As an avid reader, book clubs are essential for creating safe spaces to discuss and explore our emotional needs. This book club guide is a resource to help end the struggle, speak up for what you need, and experience the freedom of truly being yourself.

In order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. You must learn what "healthy boundaries" really mean - and how you can successfully express needs, say no, and be assertive without offending others.

INSTRUCTIONS ON HOW TO USE THIS GUIDE

Below are exercises to discuss with your bookclub to help unpack and explore the tools to create and maintain healthy boundaries.

PART ONE DISCUSSION

In this section, you will uncover what boundaries are, the cost of not having healthy boundaries, why we don't have healthy boundaries, what boundary violations look like, and identify and communicate your boundaries.

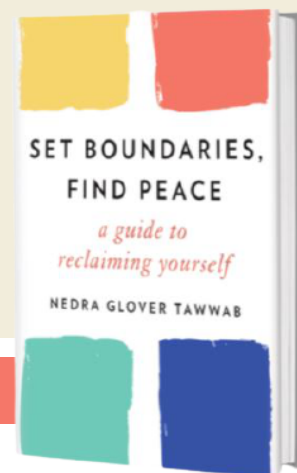
Question Topics to Cover:

- Where are you in need of boundaries right now? Discuss three places or relationships where you would like to set a new one.
- What's on Your Plate? This discussion is a constructive way to identify what you already have on your plate before committing to more.
- How were boundaries taught in your family?
- When boundaries are violated, it is critical to have a conversation about what happened and how you felt about it. From the examples in chapter 4, consider what you would do or say for each boundary example and share with your group.

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Question Topics to Cover (cont'd.):

- How do you think your life will be different once you've established healthy boundaries?
- Think of a boundary you need to establish with someone. Write or discuss your boundary using an "I" statement: I want, I need, I would like, or I expect. Do not write the word "because" anywhere in your sentence. Don't explain yourself, and don't apologize. It's okay to start small. Pick the boundary you'll feel most comfortable sharing.

PART TWO DISCUSSION

In this section, you will discover how you do the work of setting boundaries

Question Topics to Cover:

- How do you feel about setting boundaries with your family? What actions or follow-up might be necessary for your family to adhere to your boundaries?
- Describe your idea of a healthy friendship. List your unhealthy friendships and define what makes them unhealthy.
- How many hours do you spend using technology? What healthy habits would you like to implement instead of consuming technology?
- What is one boundary that you can implement in any work environment? How do you think you'll benefit from setting boundaries at work?
- If you're single, ask yourself: What are my top five needs in a relationship? How will I naturally communicate them?
- If you're in a relationship, ask yourself: What are my top five needs in my relationship? In what new ways can I share my boundaries with my partner?