



STEP FOUR: LIVING OUT BOUNDARIES

Worksheet: What to do when a
boundary has been broken

For today's homework, I want you to make a "happy box". It doesn't have to be a box, feel free to use your creativity in this project! Maybe you make a collage and put it on the wall, maybe you'll make a phonebook or draw a picture. Maybe your "happy box" will be a spot in your home where you can go and pray. Use your imagination!

What is the "happy box"?

The happy box is a tool for you to stay calm when your loved one breaks your boundary. Before you freak out (or during your freak out) you can excuse yourself and go to your "happy box". Calm down. Then, return to the situation.

Here are some ideas of things you can include:

- Pictures that make you happy (animals, kids, plants, fashion- whatever you like!)
- Songs that make you feel calm (worship music is probably best but I'm a huge fan of Motown!)
- Textiles (blankets, scarves- A very nice Mennonite woman made me a prayer blanket once, love that idea!)
- Books (Archie comics, anyone?!)
- Scripture, pick out verses and put them on pieces of paper or highlight them in some way
- Smells: Candles, essential oil diffuser filled with lavender (calming!)
- Chocolate!!!

These are just a few examples but I'm sure you can think of more. We can do all this without the "happy box" or "happy spot" but when it's ready for a crisis, all you need to do is go, close the door, light your candles, turn on your music and refocus for awhile.

Post pictures of your happy box in the chat below, I would love to see what you do!