

### For the Parenting Instructor:

The discussion questions are a tool to help enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and they help you to better understand the heart of your client and her needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.



Don't let people or things bust your boundaries and keep you from your priorities. Just say "no!"

## Discussion Questions

1. We all have tasks that fall through the cracks. You know, those things that we fail to get done, and now our lives are chaotic and more stressed out because of it. What are things you never seem to get done that add to the chaos in your life?

**Answers will vary but could include things like keeping caught up on laundry, cleaning, dishes, groceries, or other day-to-day tasks. It could also be not maintaining a car, that leads to flat tires or engine problems. Lack of planning ahead to ensure leaving on time in the morning or scrambling to help kids complete homework assignments that should have been completed the night before.**

2. What are the boundary busters in your life that constantly push your boundary limits?

**Answers will vary but could include things like demands from family members or boyfriends; social media or electronic devices that steal her time; or TV or other entertainment that impede her ability to spend time with her kids or fulfill her responsibilities. This question is designed to help your client think about the things that add guilt and chaos to her life because they take her away from the things that bring calm and order to her life.**

3. What can you do to keep your boundaries intact?

**Answers will vary but could include things like:**

- **Have a clear list of priorities and stick to them.**
- **Say "no" to the things and people who aren't a priority.**
- **Schedule time for the things you love to do so that you can focus on the things you have to do.**