



As AOD Peer Workers we will face challenges to our boundaries. It is at these times when we should **STOP**, pause, and consider what might be happening.

## What are my options?

Think about all your possible courses of action in this moment. There are many ways to deal with a situation and often they can come to you during times of reflection.

*The best option is not always the first option you think of*

## What are the consequences of each option?

Each of these options will have consequences both positive and/or negative. Think about these before you decide what to do.

*Considering consequences leads to better decisions*

## Do I have to decide right now?

Some situations can feel like they demand a response immediately. Slow down, take a breath, step away, and consider if you need to decide straight away. Can you hold off making a decision until you have had time to better consider your options?

*Rushing a decision can often lead to the wrong choice*

## Who else can I check with?

Seeking the advice of line managers, supervisors, or trusted colleagues can help to forecast potential outcomes and can improve your chances of maintaining healthy boundaries.

## Can I explain the reasoning behind my actions?

Do you feel comfortable in explaining your actions and the reasoning behind your decision? Ask yourself what someone else might do in this situation?



Follow this link to  
a boundary  
reflection guide

## How can I capture what happened?

It is good practice to record your own thoughts and actions when dealing with boundary challenges

NOTE: Ensure that you comply with your organisations' policies and procedures when storing these documents



QR code to  
eLearning

## What have I learned from this?

Every boundary decision is also an opportunity to build skills for the future. Ask yourself: What worked well? What could I do differently next time?

Be sure to raise this within your supervision activities. This can be in one-to-one professional peer supervision, amongst communities of practice, or informal confidential conversations amongst trusted colleagues.