

Glasser's Six Questions

- Our answers to these questions can be used to clarify our boundaries. This is helpful when thinking about the relationship we want to have with ourselves, another person or with others we lead in a group or team. Begin at the top and move clockwise from **Who am I?** This question relates to the role or situation you are thinking about at the time.
- Boundaries are messages I give to the outside world about my answers to these questions.
- Maintaining strong, flexible boundaries leads to satisfying, connected relationships.
- **What do I stand for?** refers to "what is important to me" in the situation. Use strong feelings to identify these things.

