

NSC BOUNDARY BREAKERS TOOL™

Controlling people cross boundaries. Boundary breaking erodes trust. Healthy and productive relationships set and honor boundaries. The most productive and positive relationships honor agreed upon roles and responsibilities, making exceptions when everyone aligns. In our new remote and hybrid environments, it's important to establish trust for better team performance. Answer the following journal prompts over the course of five days, then complete the mind map. [Book a coaching session](#) to plan a productive path forward.

Day 1

- What is your role on the team?
- What are your responsibilities?
- To whom do you have primary responsibility?
- What other roles have you taken on lately?

Day 2

- What drove your decision to take on this additional role?
- What are your reasonable expectations of team members in their roles?
- What are you holding on to that could be stopping you from being most effective in your role(s)?
- What thinking might you need to let go of to allow others to better fulfill their roles?

Day 3

- Is there a role you want to fill although it isn't your role?
- What drives that desire?
- How do you feel when others try to assume your role?
- When was the last time you crossed a boundary with someone? What happened?

Day 4

- Is there a role you want to fill although it isn't your role?
- What drives that desire?
- How do you feel when others try to assume your role?
- When was the last time you crossed a boundary with someone? What happened?

Day 5

- How might you engage empathy to avoid that again?
- How might it make others feel when you assume a role for which they are responsible?
- What might you need to say to yourself to better stick to your role?
- What might you need to do in order to encourage others to allow you to do your role?
- When was the first time you set boundaries for yourself? How did it make you feel?
- When was the last time you had o set boundaries for others? How did it make you feel?
- What one step are you willing to take today to begin to set and respect your boundaries and those of others?

On a scale of 1-10, how important to you is it that you fulfill your role(s)? _____

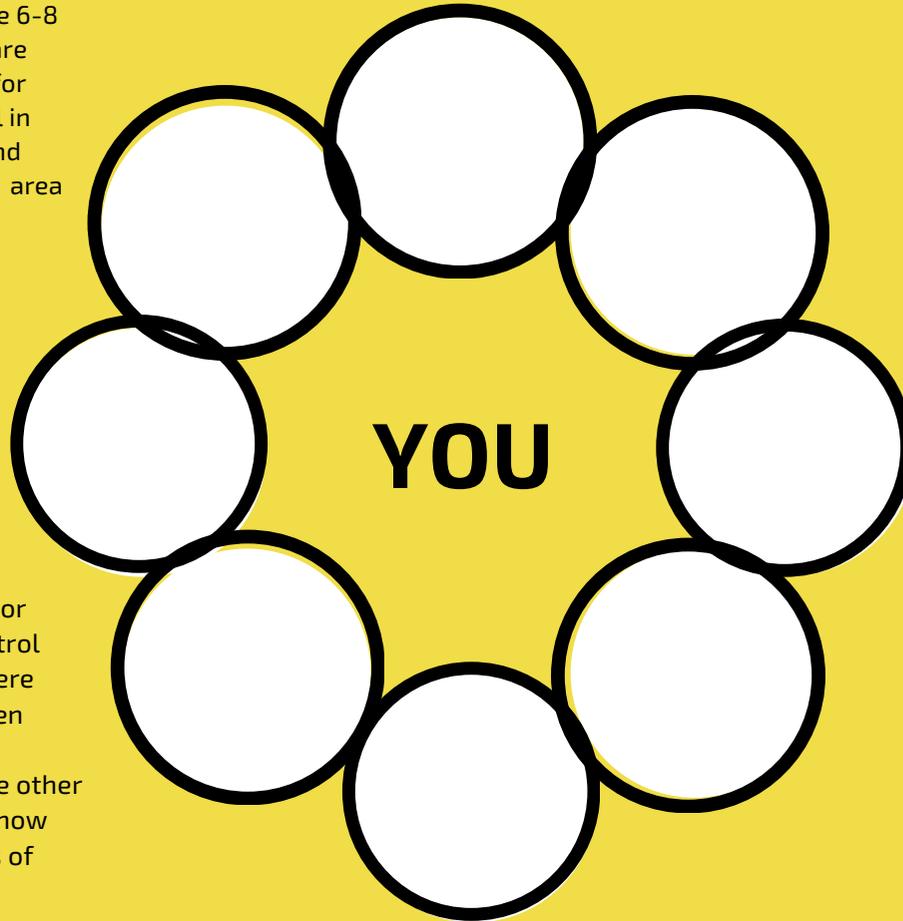
On a scale of 1-10, how important is it that your teammates fulfill your role(s)? _____

[NSCCoaching.co](https://www.nsc-coaching.com)

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Are you or someone in your life a control freak or micromanager? Start breaking the cycle.

In your life or work, you typically have 6-8 different roles that you play. These are areas that you are held accountable for and are solely your responsibility. Fill in the white bubbles with those roles and then rate them 1-10 with 10 being the area in which you feel most in control.



What are your 3 prized roles?

In which do you feel most control and why?

Which of your roles is most often breached?

Who often breaches them?

What drives the behavior in your best estimation?

How can you improve area where you feel less control?

Controlling tendencies erode trust. Calculate the trust erosion by assigning 2 points for every breach per role and 5 points for every major breach. You can assign numbers in between for those grey areas. The higher the total number, the more risk there is of eroding trust in your relationship. How will you address this?

YourTrust Erosion Score

Orion is a prominent constellation located on the celestial equator and visible throughout the world.