

# Boundaries Game – mental health version



The following statements are to be used with the boundaries game instructions, available at, [www.quaker.org.uk/documents/boundaries-introduction-and-how-to-play](http://www.quaker.org.uk/documents/boundaries-introduction-and-how-to-play) (the instructions and guidance could be included in this version or appear as a link).

*There may need to be a statement here about how we would like this version to be used in meetings as an aid to exploring mental illness or boundaries that help everyone to be included in meeting life.*

Openly repeated complaints about the Meeting	Repeated demands of the meeting
Suggesting that a carer needs respite	Encouraging a carer to seek respite
Ministry centred on personal problems	Ministering about a Friend's distress
Sharing personal information about the illness with others in Meeting	Asking to hold someone in the Light and giving personal details during Meeting for Worship.
Giving money/ financial support [to a distressed Friend] – as a one off or regularly	Lending money
Inviting a [distressed] Friend to come and stay in your home [Inviting someone to stay overnight]	Taking the friend in as a lodger
Holding a Meeting for Clearness when a Friend's behaviour is difficult for the Meeting to contain	Offering a Meeting for Clearness to an individual Friend
Holding a threshing meeting to find a way forward in supporting a member or attender	Asking for a meeting with Area Meeting Elders and Overseers to share concerns
Sharing examples of inappropriate behaviour with Elders and Overseers	Crying in meeting
Vocally eldering inappropriate ministry	Speaking to a Friend after Meeting about inappropriate ministry