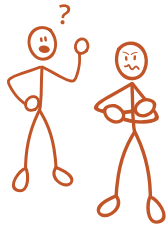


Sharing personal information at work: activity

This activity will help you practice what you learned in the 'Sharing personal information at work' exercise.



Meet Kamran

Kamran has boundaries at work, and he doesn't like sharing information about his partner with his co-workers. Kamran is getting married next weekend, and most of his co-workers know because he's taking some time off.

Kamran's co-worker, Dasha, keeps asking questions about Kamran's wedding. Kamran doesn't like the questions, but he gives short answers. Finally, Dasha asks Kamran what gender his partner is. Kamran doesn't feel comfortable answering Dasha's question.



Let's talk about it

- Why do you think Dasha is asking Kamran so many questions?
- What can Kamran say to let Dasha know about his boundaries?
- What kind of personal information are you comfortable sharing at work?
How are your boundaries different with friends and family?