**Building Boundaries**

**for a Meaningful Life**



**#1**

**Pirkei Avos, Mishnah 1:1**

“*Make a fence for the Torah.”*

**Rashi on Pirkei Avos 1:1**

*“Making a fence for the Torah involves creating additional boundaries and safeguards around mitzvos to prevent transgression.”*

**#2**

**Case A**

Your group of friends often engages in activities that don’t align with your personal values, and they encourage you to join. You feel pressured to fit in but uneasy about compromising your standards.

**Question:** How would you create a boundary to stay true to your values without alienating your friends?

**Case B**

You frequently say “yes” to requests for help or invitations, even when you don’t have the time or energy. As a result, you feel overwhelmed and stretched too thin.

**Question:** How would you set boundaries to avoid overcommitting while still being supportive and involved?

**Case C**

A coworker or classmate frequently complains and brings negativity into conversations. You find their energy draining but don’t want to come across as rude or dismissive.

**Question:** What boundary could you establish to protect your mental and emotional well-being without offending the other person?

**#3**

**Tiferes Yisrael on Pirkei Avos 1:1**

*“Every person, recognizing his own weaknesses, should assume stringencies beyond the letter of the law in order to protect himself against sin.”*

**Talmud, Shabbos 13b**

*“A person should not place themselves in a situation of temptation, lest they come to sin.”*

**Questions:**

• What is an area in your life where you feel weak, and how can creating a boundary in that area help you live your best life?

• What specific steps can you take today to establish and maintain that boundary?