**Task 3. To learn the phenomenon of personal (psychological) boundaries and write an essay.**

**Write an essay** (up to 3 pages) basing and answer next question:

1. Adaptive functions of personal (psychological) boundaries.
2. The concept of personal sovereignty. Genesis of personal sovereignty.
3. Structure of personal sovereignty
4. Explain role of anger in setting boundaries/
5. Give an example of a person without boundaries/with very strong boundaries.