



# Elephant in The Room Q & A

Chaparral HS  
Fall 2021

**\*\*This document can also be accessed at <https://www.bloom365.org/faqs>**

**Resources:**

*\*For additional resources, please visit [bloom365.com/resources](https://www.bloom365.com/resources)\**

<p><b>BLOOM365 Peer Support Helpline</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Helpline Hours of Operation:</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p><b>To reach a specific advocate directly, please feel free to contact our Helpline and tell us who you would like to speak to.</b></p>
<p><b>Teen Lifeline</b></p>	<p><b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b></p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p><b>Text "LOVEIS" to 22522 24/7</b></p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>1-800-799-SAFE (7233)</b></p>
<p><b>National Sexual Assault Hotline</b></p>	<p><b>1-800.656.HOPE (4673)</b></p>
<p><b>Suicide Prevention Lifeline</b></p>	<p><b>1-800-273-TALK (8255)</b></p>

**\*Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

**Q: Student**

**A: BLOOM365 Advocate**

**Q: What does one do when you've realized you've crossed other boundaries due to lack of respect from your own?**

**-Even when you are no longer in contact with them.**

**-Suggestions in building healthy boundaries please :)**

**A:** This is a great question and we are glad that you reached out to ask it. It can feel really uncomfortable when we realize that we have crossed boundaries or caused harm onto others because of our inability to respect boundaries. While it's important to acknowledge the guilt or other uncomfortable feelings that arise once we have realized our role in disrespecting boundaries, it's also equally important to allow space for forgiveness and compassion for yourself. Boundaries can be hard to create and respect, especially when you haven't had the tools to do so. Showing yourself kindness as you navigate this new skill of boundary-setting and respecting will be really helpful in moving forward. The website The Healthy has a great article on how to build healthy boundaries which you can find here: [13 Easy Phrases That Will Help You Set Healthy Boundaries](#). Journaling your feelings can be a useful tool in processing your feelings and helping to assess your boundaries, as well. Recognizing and affirming boundaries - yours and others - is a practice that takes time and patience! With more practice, the easier it becomes.

**Q: How can I trust my partner again after cheating?**

**A:** Building trust again after it's been broken often takes some time and commitment to making the relationship healthier. This might look like working more on healthy communication, or setting boundaries and making healthy compromises for each other. We encourage you to reach out to a BLOOM365 Advocate at the number listed above for additional support. We are here for you!