

Healthy Boundary Setting Worksheet



What Are Boundaries?

Boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say "no" to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.

Boundary Self-Assessment

Rate each statement from 1-5: 1 = Never true for me 3 = Sometimes true for me
5 = Always true for me

___ I can say "no" to requests from others without feeling guilty ___ I know what I want and need and can communicate this to others ___ I don't compromise my values to please others or to be liked ___ I respect others' right to say "no" to my requests ___ I share personal information at a pace that feels comfortable to me ___ I don't take on other people's problems as my own ___ I am aware when I'm being treated disrespectfully ___ I make time for myself and my own interests ___ I speak up when someone violates my boundaries ___ I don't tolerate abusive behavior (yelling, threats, hitting, etc.)

Total score: ____ (10-20: Boundaries need significant strengthening; 21-35: Working on boundaries; 36-50: Healthy boundaries)

Types of Boundaries to Consider

Physical Boundaries

- Personal space
- Privacy
- Physical touch
- Sexual boundaries

Emotional Boundaries

- Separating your feelings from others'
- Not taking responsibility for others' emotions
- Not letting others' moods dictate your day

Time and Energy Boundaries

- How you spend your time
- Who you give your energy to
- Balance between giving to others and self-care

Material Boundaries

- Money and possessions
- Lending and borrowing
- Gifts and favors

Digital Boundaries

- Social media usage
 - Availability via phone/text/email
 - Online privacy
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Boundary Reflection

1. Identify Areas Where Boundaries Are Needed

Which relationships or situations in your life feel draining, uncomfortable, or out of balance?

Relationship/Situation 1: _____

What specifically feels uncomfortable? _____

Relationship/Situation 2: _____

What specifically feels uncomfortable? _____

Relationship/Situation 3: _____

What specifically feels uncomfortable? _____

2. Explore Boundary Violations

Think about times when your boundaries have been crossed. What happened?

Situation: _____

How did you feel? _____

How did you respond? _____

What would you like to have done differently? _____

3. Understand Your Boundary Patterns

Where did you learn your boundary patterns?

Family messages about boundaries: _____

Cultural influences: _____

Past relationship experiences: _____

Boundary Setting Action Plan

1. Identify One Boundary to Establish

Choose one boundary you want to establish:

Why is this boundary important to you?

2. Plan Your Communication

How will you express this boundary clearly and directly?

"I" statement formula: "I feel _____ when _____ happens. What I need is _____."

Draft your boundary statement:

3. Prepare for Resistance

How might others respond to your boundary?

How will you maintain your boundary if you meet resistance?

4. Practice Self-Care

What self-care will you practice before and after setting this boundary?

Boundary Setting Scripts

Below are examples of boundary statements for different situations:

For Time Boundaries: "I need to leave by 6 pm to honor my personal commitments." "I'm not available to take calls after 8 pm as that's my family time."

For Emotional Boundaries: "I care about your situation, but I don't feel equipped to be your counselor." "I understand you're upset, but I'm not responsible for your feelings."

For Physical Boundaries: "I'm not comfortable with that type of physical contact." "I need personal space right now."

For Work Boundaries: "I don't check emails on weekends." "I can take on that project, but I'll need to shift some of my current responsibilities."

For Digital Boundaries: "I check social media only once a day." "I prefer that photos of me aren't posted without my permission."

Progress Tracking

Use this section to track your progress with setting and maintaining boundaries.

Date: _____

Boundary I practiced: _____

How it went: _____

What I learned: _____

What I'll do differently next time: _____

Affirmations for Healthy Boundaries

- I have a right to protect my time, energy, and wellbeing.
- Setting boundaries is an act of self-respect, not selfishness.
- I can be loving and kind while still saying "no."
- My needs are as important as others' needs.
- It's okay to change my boundaries as I grow and learn.
- I trust myself to know what boundaries I need.
- Other people's reactions to my boundaries are not my responsibility.
- I can handle the discomfort that comes with setting boundaries.

Resources for Further Support

Books:

- "Boundaries" by Henry Cloud and John Townsend
- "Set Boundaries, Find Peace" by Nedra Glover Tawwab
- "The Disease to Please" by Harriet B. Braiker

Websites:

- www.positive4mind.com
- www.psychologytoday.com/topics/boundaries

If you're struggling with setting boundaries, consider working with a therapist or counselor who specializes in this area.

Remember that setting boundaries is a skill that takes practice. Be patient with yourself as you learn and grow.

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