

Understanding & Practicing Boundaries Worksheet

Part 1: What Are Boundaries?

Boundaries are the limits we set for ourselves in relationships—what we are comfortable with and how we expect to be treated. They protect our **emotional, mental, and physical well-being**.

Types of Boundaries

- **Physical:** Personal space, touch, privacy
- **Emotional:** Protecting your feelings, not taking on others' emotions
- **Time & Energy:** How you spend your time and who you spend it with
- **Material:** Money, possessions, resources
- **Digital / Online:** Social media, texting, sharing personal info

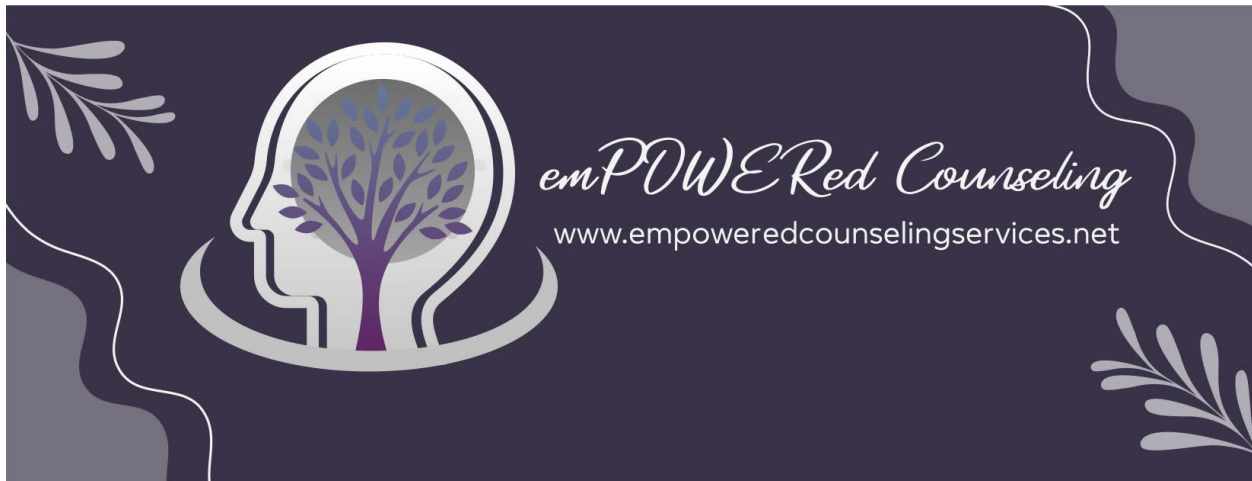
Reflection:

1. Which type of boundary feels most difficult for you to set?
2. Why do you think that is?

Part 2: Signs Your Boundaries Might Need Strengthening

Check any that apply to you:

- I feel guilty when I say “no.”
- I often overcommit myself.



- I feel drained after spending time with certain people.
- I avoid expressing my true feelings to avoid conflict.
- Others often disregard my needs or limits.

Reflection:

Pick one area where you struggle most. What usually happens when your boundary isn't honored?

Part 3: Identifying Your Personal Boundaries

Think about a relationship or situation in your life. Fill in the table:

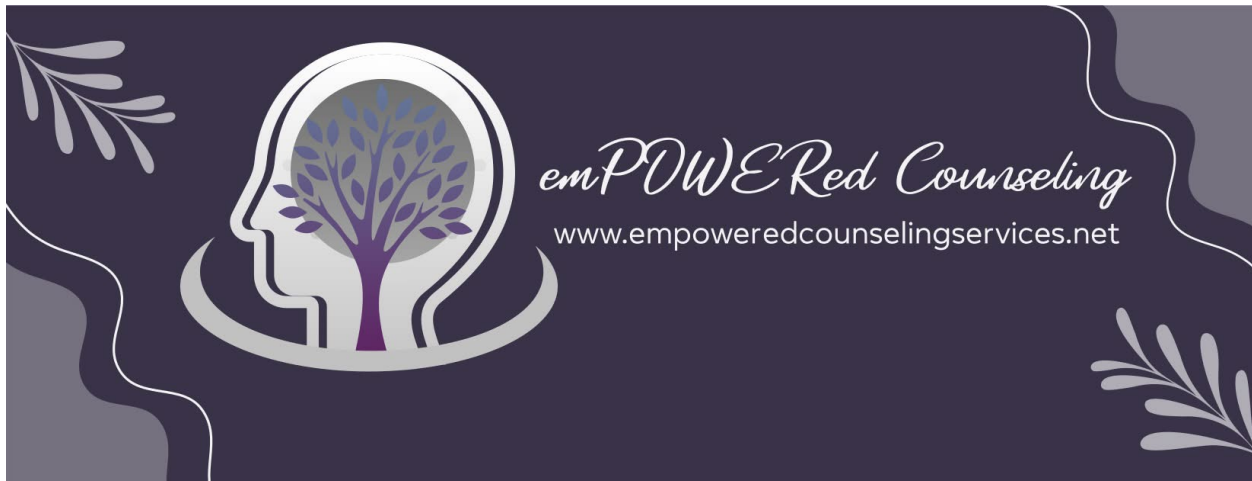
Situation/ Person	What makes me uncomfortable?	My boundary	How I can communicate it

Example:

| Friend constantly texts me late at night | I feel exhausted and annoyed | No texts after 10 PM |
 “Hey, I need to wind down at night. Can we text during the day instead?” |

Part 4: Saying “No” Without Guilt

- o **Simple & Direct:** “I can’t take this on right now.”
- o **Offer an Alternative (Optional):** “I can’t help today, but I can check in tomorrow.”
- o **Use “I” Statements:** Focus on your needs, not blame.



Practice: Write three ways you could say “no” this week in different scenarios:

- 1.
- 2.
- 3.

Part 5: Boundary Self-Check

Did I respect my own needs today? Yes No

Did I communicate a boundary clearly? Yes No

Did I allow someone to cross a boundary? Yes No

How did it feel?

Part 6: Reflection & Action Plan

- o One boundary I want to strengthen this week:
- o One small step I can take to honor this boundary:
- o How will I respond if someone resists this boundary?

Boundaries are **practice, not perfection**. Each time you notice your limits, communicate them, or enforce them, you’re strengthening your emotional self-care.