



Boundary Clarity Sheet

A guide to understanding and honoring your limits

Boundaries are not about pushing people away. They help you protect your energy, values, and emotional wellbeing. This worksheet is an invitation to gently explore where your limits are and how you might honor them with clarity and care.

1. Situations that leave me feeling drained or uncomfortable

Think about moments where you feel resentful, overwhelmed, tense, or shut down.

2. What feels okay, flexible, or supportive for me

Not all boundaries are rigid. Some areas feel open or negotiable.

3. Early signs that a boundary is being crossed

Notice cues from your body, emotions, or thoughts.

☐ Tight chest ☐ Fatigue ☐ Irritability ☐ Anxiety ☐ Guilt ☐ Numbness

Other signs:



4. What this boundary protects

This might include your time, energy, emotional safety, values, or health.

5. A kind but clear way I could express this boundary

You don't need the perfect words—just honest and respectful ones.

Example starters:

- "I'm not able to do that right now."
- "I need some time to think about this."
- "That doesn't work for me."

My words:

6. What makes holding this boundary difficult

Fear, guilt, people-pleasing, cultural expectations, or past experiences may show up.

7. One small step I can practice

Choose something realistic and compassionate.

Boundaries can feel uncomfortable at first, especially if you're not used to having them. Practicing boundaries is not about being harsh—it's about being honest with yourself and others.