

# SETTING HEALTHY BOUNDARIES

WORKSHEETS

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WORKBOOK



# THE FOUNDATION OF PERSONAL BOUNDARIES

WORKSHEETS

## INTRODUCTION

This chapter introduces the concept boundaries, explores the different types of boundaries (emotional, physical, mental, digital, time) and the roles they play in healthy self-care and relationships.



## THE BASICS OF PERSONAL BOUNDARIES

Boundaries are the mental, emotional, and physical limits we establish to protect our well-being, define how others treat us, and ensure mutual respect. They are essential to creating safe, balanced, and authentic relationships.

## WHY BOUNDARIES ARE IMPORTANT

Promote self-respect & self-care

Prevent burnout, resentment, & anxiety

Help others understand your needs & values

## TYPES OF BOUNDARIES

### PHYSICAL:

Personal space and physical touch

### EMOTIONAL:

Protecting emotional energy and vulnerability

### TIME:

How you manage availability & commitments

### MENTAL:

Respecting opinions & intellectual property

### DIGITAL:

Online communications & content sharing



## SIGNS YOU MIGHT LACK BOUNDARIES

- Frequently feeling overwhelmed or taken advantage of
- Difficulty saying “no”
- People-pleasing at the cost of your needs
- Feeling responsible for others’ emotions

## HEALTHY VS. UNHEALTHY BOUNDARIES

### **Healthy:**

Clear, respectful, consistent

### **Unhealthy:**

Too rigid (closed off) or too loose (overexposed)

## THE IMPACT OF BOUNDARIES ON YOUR LIFE

Boundaries affect every area of your life: your self-worth, relationships, time management, and emotional stability. Establishing and maintaining boundaries can create powerful shifts in how you feel and function.

## BOUNDARIES AND SELF-ESTEEM

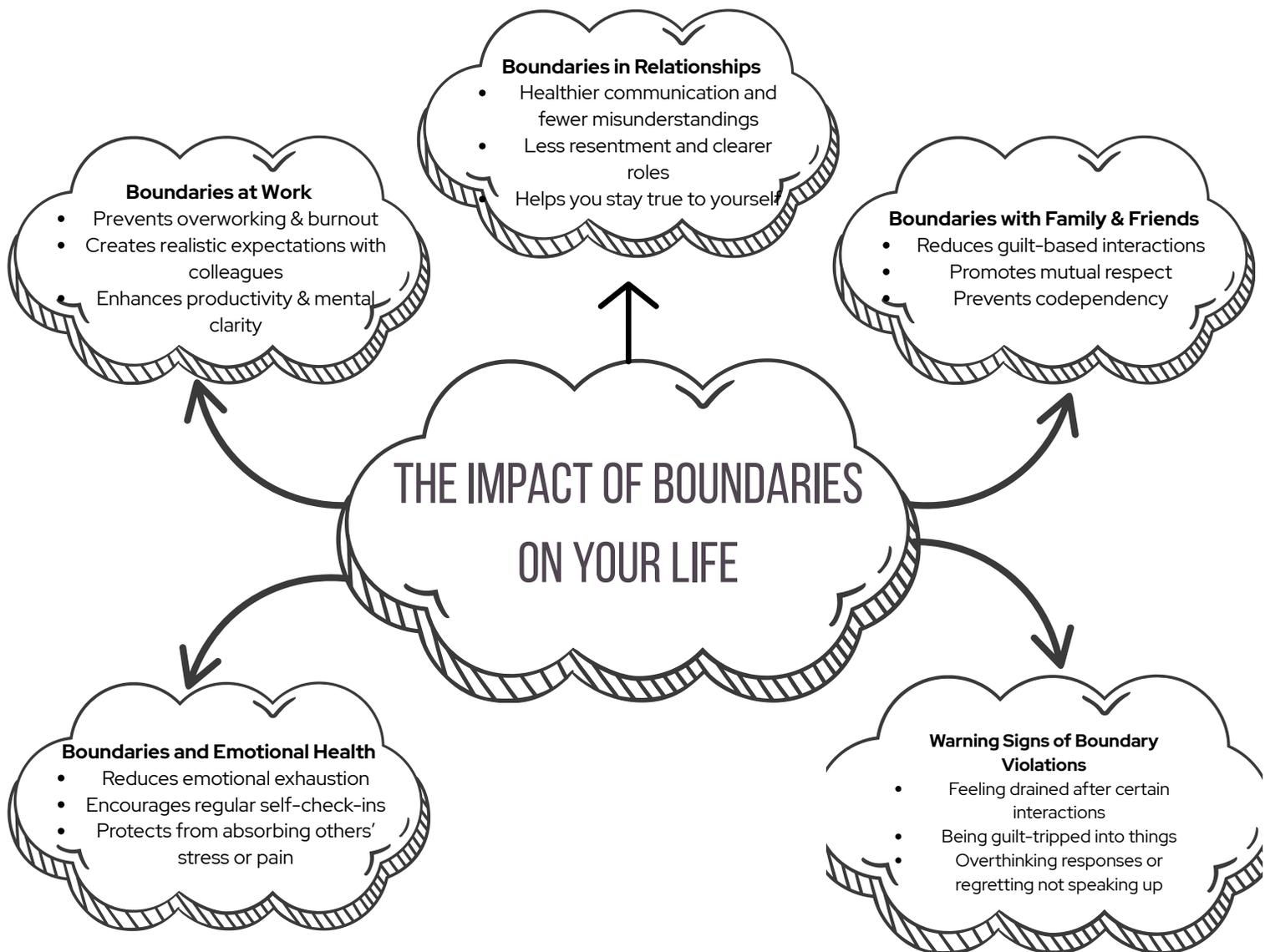
Saying “no” affirms your worth

You no longer tolerate mistreatment

Builds confidence in communication

# REFLECTING ON YOUR CURRENT BOUNDARIES

This section aims to assist the reader in examining their current status regarding boundary setting and identifying areas for potential growth.





# REFLECTING ON YOUR CURRENT BOUNDARIES

## SELF-ASSESSMENT QUESTIONS

- Do I often say “yes” when I want to say “no”?
- Do I speak up when I feel uncomfortable?
- Am I afraid of upsetting people by setting limits?

## IDENTIFYING YOUR WEAK SPOTS

- Which relationships feel most draining or unbalanced?
- Where do you find yourself overcommitting?
- Are you often worried about being judged?

## COMMON BOUNDARY MYTHS

- “Setting boundaries is selfish.”
- “I’ll hurt people if I say no.”
- “I should be available to everyone who needs me.”

## HOW PAST EXPERIENCES SHAPE BOUNDARIES

- Childhood dynamics (e.g., people-pleasing or parentification)
- Cultural or family expectations
- Past trauma, abuse, or neglect

## CREATING A PERSONAL BOUNDARY VISION

- Describe what healthy boundaries would look like in your life
- Visualize how you would feel with better limits in place
- Write a short affirmation to guide you moving forward
- (e.g., “My needs are valid, and my boundaries protect my peace.”)

## READINESS FOR CHANGE

- How ready are you to start setting boundaries?
- What fears come up when you think about it?
- What support do you need to feel safe setting limits?

## BOUNDARY REFLECTION JOURNAL PROMPT

“When was the last time I compromised my needs to keep someone else happy? What would I do differently today?”

# WHAT ARE BOUNDARIES TO ME?

Define boundaries in your own words

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List the types of boundaries you typically set.

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Reflect on why boundaries are difficult for you or others

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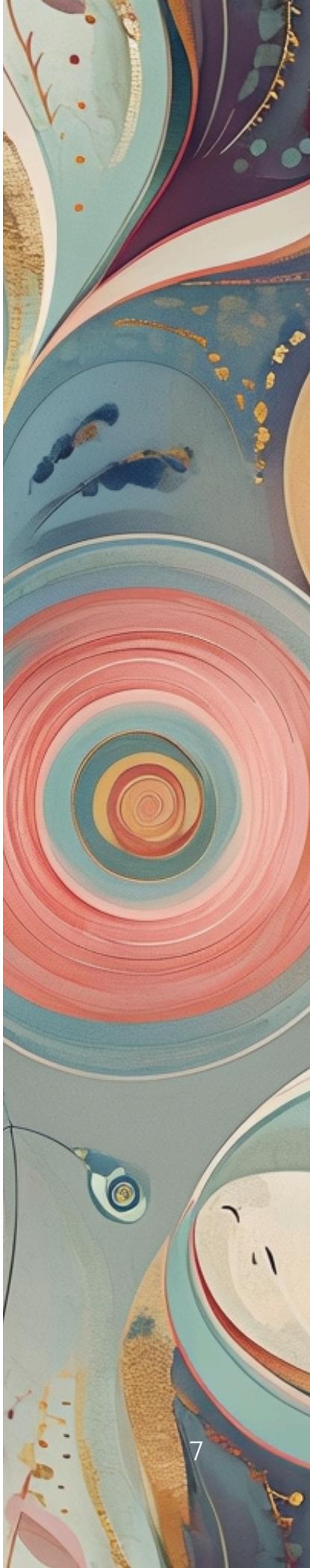
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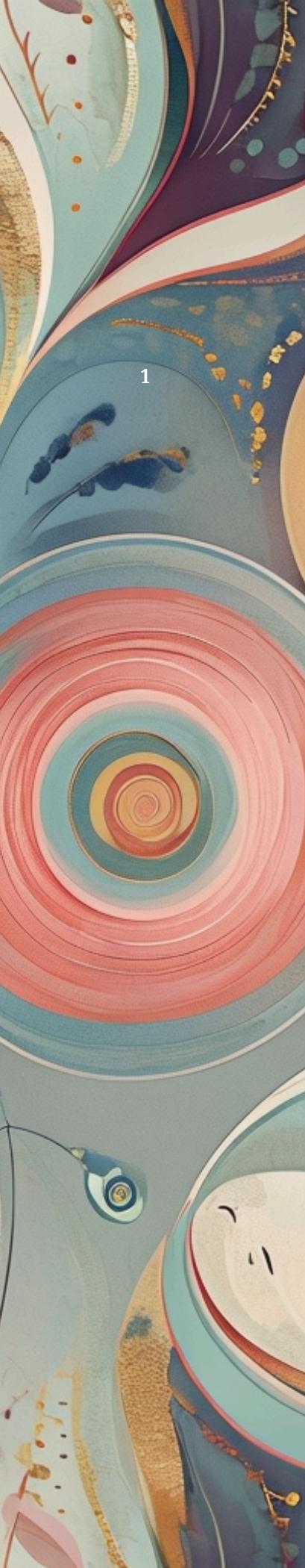
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# WHAT ARE BOUNDARIES TO ME?

How are my boundaries in different areas of my life? Are there areas that need better boundaries?

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Reflect on where you feel strongest/weakest

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Identify your top 3 priority areas to improve

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