

SETTING HEALTHY BOUNDARIES

WORKSHEETS

SETTING HEALTHY BOUNDARIES

WORKBOOK



IDENTIFY YOUR LIMITS AND NEEDS

WORKSHEETS

INTRODUCTION

Explore when you feel discomfort, resentment, or burnout – common signs that boundaries may be lacking or being crossed.



KNOW YOUR INNER AND OUTER LIMITS

To set healthy boundaries, you must first understand what your limits are. These limits vary from person to person and can change depending on your energy levels, values, and circumstances.

WHAT ARE PERSONAL LIMITS?

Your limits are your internal alarm system – the point at which you start feeling drained, anxious, disrespected, or uncomfortable.

THE ROLES OF EMOTIONS IN BOUNDARY SETTING

Pay attention to emotions like resentment, guilt, and anxiety. They often signal that a boundary is needed or violated.

TYPES OF LIMITS TO EXPLORE

EMOTIONAL:

What upsets or overwhelms you?

MENTAL:

What kind of conversations or opinions are too much?

PHYSICAL:

What are your comfort levels with touch and space?

DAILY ENERGY CHECK-IN

- Ask yourself each day: “What do I have the capacity for today?”
- Are you saying yes out of pressure or desire?

WHEN YOU IGNORE YOUR LIMITS

- Leads to burnout, frustration, and loss of identity.
- You teach others that your boundaries are optional.



RECOGNIZE YOUR NEEDS WITHOUT GUILT

Your needs are not burdens – they are blueprints for your well-being. When you name and protect them, you rise in power, clarity, and inner safety.

WHAT ARE PERSONAL LIMITS?

- To feel safe, seen, supported, and respected
- To be allowed space, silence, solitude, or softness
- To express without fixing, proving, or defending

“You’re not asking too much – you may just be asking someone who gives too little.”

DISTINGUISHING WANTS VS. NEEDS

Needs:

The non-negotiables that keep your nervous system regulated (rest, peace, protection)

Wants:

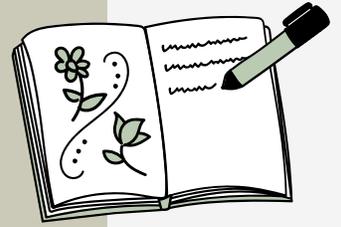
Desires that enhance joy but don’t compromise functioning (extra space, praise, free time)

SELF-COMPASSION IN MEETING YOUR NEEDS

It is not selfish to tend to yourself. When you center your needs, you show others how to love and treat you. Discomfort in others is not your responsibility.

NEEDS JOURNAL EXERCISE

- What activities nourish you emotionally and spiritually?
- When was the last time you prioritized yourself?
- What boundaries are missing around those needs?



HOW YOU WERE TAUGHT TO IGNORE YOUR NEEDS

- Were you told to “stop being difficult”?
- Were your emotions shamed or ignored?
- Were you praised more for self-sacrifice than self-awareness?

EVALUATE REAL-LIFE BOUNDARY SCENARIOS

Wisdom comes from reflection. When you revisit the moments where you overextended, gave too much, or stayed silent – you reclaim your voice.

THE ‘YES’ THAT SHOULD’VE BEEN A ‘NO’

Recall a moment you said yes when your body screamed no. What was the cost? What would you say differently now?



UNSPOKEN EXPECTATIONS & RESENTMENT

Resentment often points to silent expectations. What boundaries were assumed, but never spoken?

PATTERNS OF OVEREXTENDING YOURSELF

Do you always say yes to: Family favors?, Workplace overwork?, Emotional caretaking?

What is that pattern costing you?

WHAT HAPPENS WHEN YOU PUSH PAST LIMITS?

- Emotional dysregulation (irritability, shutdown)
- Physical symptoms (tension, fatigue, insomnia)
- Detachment from joy and connection

BOUNDARY READINESS SCALE

Rate your current boundary strength in each area

(1 = weak, 5 = strong):

Family, Work, Spouse, Friendships, Digital/Social Media

REFLECTIVE PROMPTS FOR GROWTH

- What boundary could reduce your stress today?
- What area of life feels most energetically costly?



PERSONAL LIMITS AWARENESS MAP

| BOUNDARY AREA | WHAT DRAINS YOU | WHAT RESTORES YOU | BOUNDARY YOU NEED |
|----------------------|------------------------|--------------------------|--------------------------|
| EMOTIONAL | | | |
| MENTAL | | | |
| PHYSICAL | | | |
| TIME/ENERGY | | | |

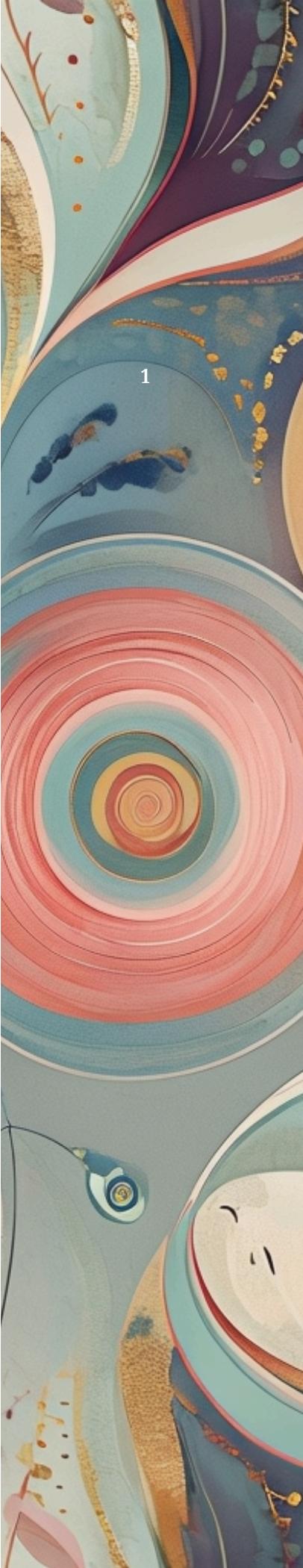
REFLECTION QUESTIONS

Which area of your life feels most out of alignment right now? Why?

What internal signals (tension, fatigue, anxiety) tell you you're at a limit?

What small boundary can you try implementing today?





NEEDS & BOUNDARIES JOURNAL

1

What unmet needs are causing stress or resentment in your life right now?

What beliefs do you carry about asking for what you need?

Examples:

- "I'm afraid they'll think I'm too much."
- "If I don't do it all, I'll disappoint people."

Which of these beliefs are no longer true for the empowered version of you?

Reframe them into new, supportive beliefs.

Examples:

- "My needs are valid, even if others don't understand them."
- "I can set boundaries and still be kind."