

EXPLORING BOUNDARIES

Use this worksheet to gain clarity and define what your boundaries are in each category.

Physical Boundaries

Physical boundaries refer to your body, privacy, and personal space

Emotional Boundaries

Do you absorb people's energy?
Do you feel your voice matters
to the people close to you in
your life?

Sexual Boundaries

Sexual boundaries refer to your expectations around physical intimacy. What is and isn't okay with you sexually.

Intellectual Boundaries

Intellectual boundaries are related to your ideas and beliefs. Are you able to be respectful when someone has a different opinion than yours? Are there some beliefs you have no tolerance for? Do you feel you can express your views without being criticized or judged?

Financial Boundaries

What are your boundaries around money? Who pays for what? Joint bank accounts or separate?