

THERAPIST BOUNDARIES REFLECTION WORKSHEET

Date:

Emotional Boundaries

- What client interactions feel emotionally activating or draining?
- Where do I tend to over-identify with clients?
- How do I separate "holding space" from "holding responsibility"?

Time Boundaries

- Do I consistently start/stop sessions on time?
- Have I allowed clients to extend beyond session limits? Why?

Communication Boundaries

- How comfortable am I maintaining after-hours limits?
- What is my plan for responding to client messages?

Role Boundaries

- When have I drifted into advice-giving vs. therapy?
- Are there clients I feel compelled to "rescue"?
- What signs indicate boundary erosion?



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Supervision Integration

- What should I bring to supervision about boundaries?
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- What support do I need to strengthen them?
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Action Plan

- Identify 2 boundaries you want to strengthen and how you'll do it: