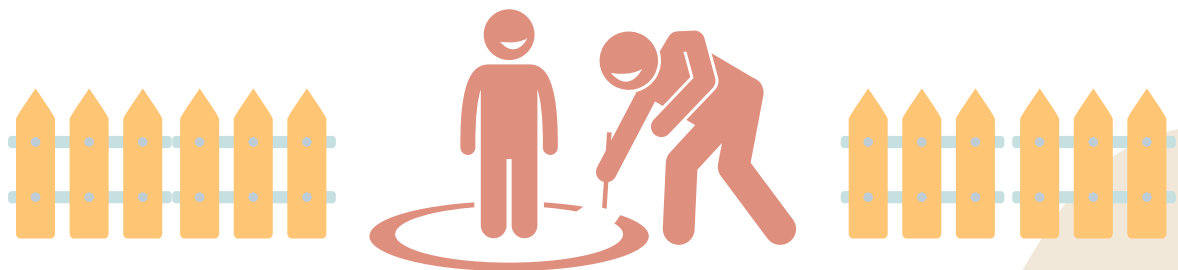


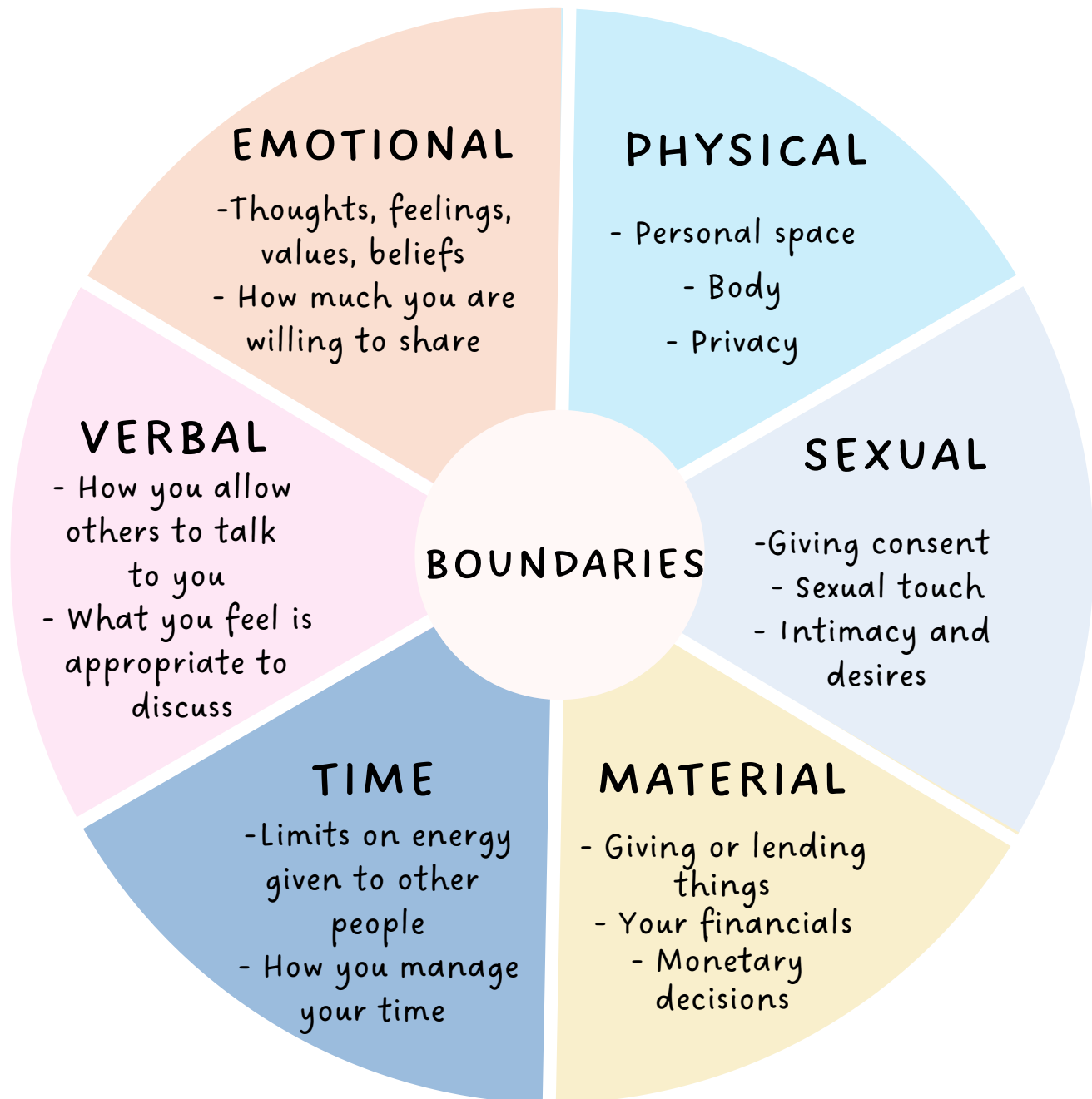
MY PERSONAL BOUNDARIES

Worksheets to help you understand
and identify your personal boundaries.



@counsellorcronan

TYPES OF BOUNDARIES



BOUNDARIES = THE LIMITS, RULES OR LINES WE SET FOR OUR OWN PERSONAL COMFORT

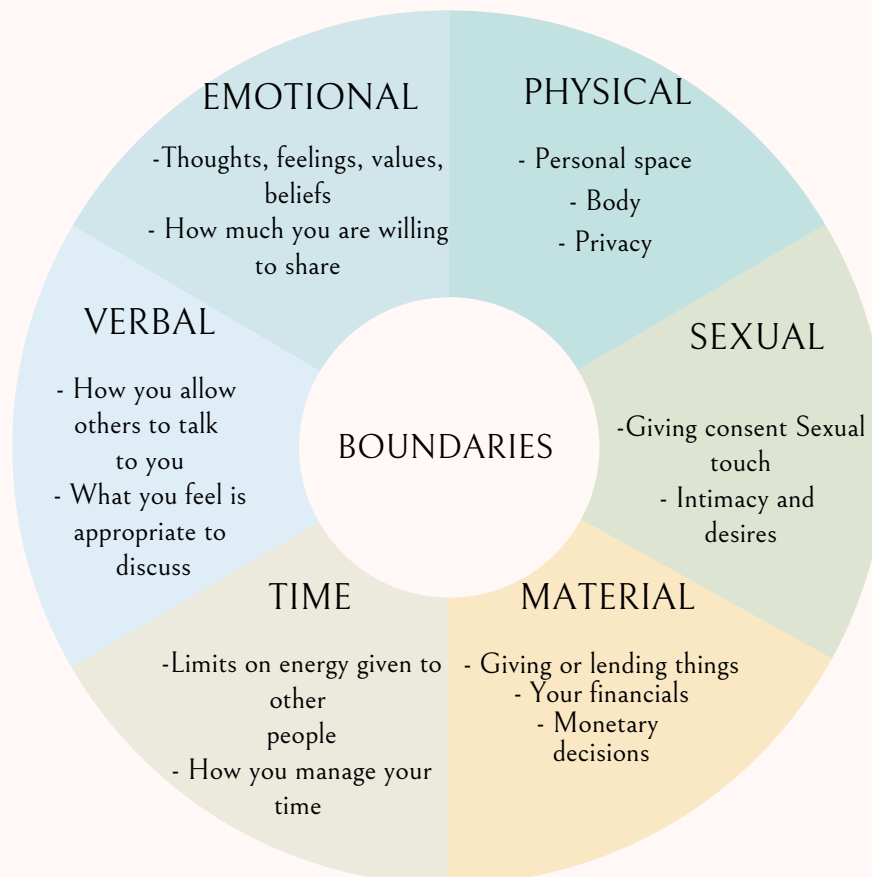
WHAT ARE BOUNDARIES?

Boundaries are simply the limits, rules, or lines we set for comfort. Boundaries are a set of physical and mental guidelines that are established to help protect ourselves when we are around other people and in relationships.

Having healthy boundaries is an essential personal skill to help you thrive and communicate your needs. It is vital to set limits so that others don't take advantage of or manipulate you. For example, a person with solid personal boundaries will feel comfortable saying 'no' when asked to do something they are uncomfortable doing without feeling the need to apologize.

Everyone's boundaries are different, so once you set yours it shows others how you expect them to behave around you and vice versa.

TYPES OF BOUNDARIES



FINDING THE SWEET SPOT

By now, you are familiar with boundaries, the imaginary line separating you from others. However, finding the right balance with personal boundaries can be difficult and a work in progress for many people.

Personal limits of boundaries can be divided into three different categories, rigid (hard), porous (soft), and healthy (the right balance between the other two).

Individuals with porous boundaries find it hard to say no to people and often feel mistreated and taken advantage of.

On the other hand, individuals that constantly have a wall up and don't allow people to get close to them have hard, rigid boundaries.

Understanding your boundaries is essential as it allows you to be assertive, protects you from mistreatment, and helps you develop meaningful relationships. If you recognize your boundaries as either soft or rigid, you can adjust them and move them in the right direction to find the right balance that works for you.



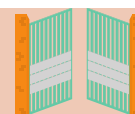
RIGID

- DOESN'T ASK FOR HELP
- AVOIDS CLOSE RELATIONSHIPS
- CLOSED OFF
- SEEMS DETACHED FROM OTHERS
- PROTECTIVE OF THEMSELVES AND PERSONAL INFORMATION
- HAS ONLY A FEW CLOSE RELATIONSHIPS



POROUS

- FINDS IT DIFFICULT TO SAY "NO"
- OVERSHARES TOO MUCH PERSONAL INFORMATION
- TOO INVOLVED IN OTHER PEOPLE'S PROBLEMS
- ACCEPTS DISRESPECT
- DEPENDENT ON OTHER PEOPLE'S OPINIONS
- FEELS RESPONSIBLE FOR OTHER PEOPLE'S HAPPINESS





HEALTHY

- VALUES THEIR OWN OPINIONS
- DOESN'T COMPROMISE THEIR OWN VALUES FOR OTHERS
- SHARES PERSONAL INFORMATION APPROPRIATELY
- IS COMFORTABLE IN SAYING "NO" AND ACCEPTS "NO" FROM OTHERS

PHYSICAL BOUNDARIES

Physical boundaries refer to your body, physical touch, personal space, and privacy. For example, you may enjoy receiving physical affection and don't mind public displays of affection, or you may be the opposite. A violation of your physical boundaries may be if someone touches you inappropriately and makes you uncomfortable.

Someone with healthy physical boundaries would also be aware of what is appropriate and what is not, such as greeting someone with a handshake rather than a kiss on the hand if you have just met them.

UNHEALTHY 	HEALTHY 
<ul style="list-style-type: none">- TOUCHING SOMEONE IN A WAY THAT MAKES THEM FEEL UNCOMFORTABLE- SITTING TOO CLOSE TO PEOPLE- TALKING TOO CLOSE TO PEOPLE- GOING THROUGH SOMEONE'S PERSONAL BELONGINGS WITHOUT THEIR PERMISSION- KISSING IN FRONT OF OTHER PEOPLE WHEN IT MAKES THEM UNCOMFORTABLE	<ul style="list-style-type: none">- TOUCHING SOMEONE APPROPRIATELY, SUCH AS KNOWING WHEN TO KISS ON THE CHEEK, HAND SHAKE OR HUG- ALLOWING AN APPROPRIATE DISTANCE BETWEEN YOURSELF AND OTHER'S WHEN TALKING- SPEAKING UP WHEN YOU FEEL UNCOMFORTABLE

WHAT ARE YOUR PHYSICAL BOUNDARIES?

Am I comfortable being touched by others?

Who am I comfortable with being touched by?

Do I let other's know when I feel uncomfortable?

What are my physical boundary needs?

DEAR MAN

When you understand your boundaries, you can better protect yourself from those boundaries being crossed; however, sometimes, your boundaries can unintentionally be crossed. If this happens, it is up to you to express your needs and boundaries to ensure it doesn't happen again.

Dialectical Behavior Therapy (DBT) uses an interpersonal effectiveness skill called 'DEARMAN' to help people resolve conflicts respectfully and effectively.

The acronym can be broken into two, the "DEAR" describes what to do when setting your boundary, and the "MAN" helps you to set your boundary.

D.E.A.R M.A.N

D

DESCRIBE

DESCRIBE THE SITUATION SIMPLY. STICK TO THE FACTS BY AVOIDING OPINION AND INTERPRETATION.

E

EXPRESS

EXPRESS HOW YOU ARE FEELING BY USING AN "I" STATEMENT. DON'T ASSUME THAT THE OTHER PERSON KNOWS HOW YOU FEEL.

A

ASSERT

SAY WHAT YOU NEED. DON'T BEAT AROUND THE BUSH. BE FIRM AND CLEAR.

R

REINFORCE

REWARD PEOPLE WHO RESPOND WELL, AND EXPLAIN THE POSITIVE EFFECTS OF GETTING WHAT YOU WANT OR NEED.

M

MINDFUL

MAINTAIN YOUR POSITION AND KEEP YOUR MIND ON YOUR GOALS. DON'T STEER OFF FROM THE OBJECTIVE OF THE INTERACTION.

A

APPEAR

USE A CONFIDENT VOICE, BODY LANGUAGE AND MAKE GOOD EYE CONTACT, THIS WILL HELP YOU APPEAR CONFIDENT.

N



NEGOTIATE

REMEMBER THAT YOU AREN'T DEMANDING ANYTHING, YOU ARE ASKING FOR SOMETHING. BE OPEN TO NEGOTIATION.

SEXUAL BOUNDARIES

Sexual boundaries help create limits around anything to do with sex. They are essential for everyone to have, whether you are in a current sexual relationship or not. Sexual boundaries include consent, understanding of someone's privacy, preferences, and agreements.

Violations of your sexual boundaries might include allowing someone to do something that you are not comfortable doing, allowing someone to get angry at you if you say "no" to having sex, getting punished, unwanted touch, abuse, or assault, and someone lying to you about their sexual health and history.

UNHEALTHY 	HEALTHY 
<ul style="list-style-type: none">- NOT DISCUSSING CONSENT- NOT FEELING AS THOUGH YOU CAN DISCUSS CONTRACEPTION AND PROTECTION- ALLOWING PEOPLE TO TAKE ADVANTAGE OF YOU SEXUALLY- NOT SAYING "NO" TO THINGS YOU ARE UNCOMFORTABLE IN DOING	<ul style="list-style-type: none">- DISCUSSING PRIVACY WITH YOUR PARTNER (SUCH AS NOT DISCUSSING YOUR SEXUAL EXPERIENCES WITH OTHERS)- ASKING THE MALE TO USE PROTECTION- DISCUSSING YOUR DESIRABLE NEEDS AND WANTS- NOT BEING AFRAID TO SAY "NO"

WHAT ARE YOUR SEXUAL BOUNDARIES?

Do I know what my sexual boundaries are? (What am I willing to do or try?)



Am I comfortable discussing my boundaries with my sexual partner?

What are my values and beliefs with contraception and protection?

What are my sexual boundary needs?

MATERIAL BOUNDARIES

Material boundaries refer to your personal belongings and possessions, including your home, car, jewelry, clothes, and furniture. Setting healthy material boundaries ensures you know how comfortable you feel with others borrowing your things and knowing what you will allow to be borrowed and what you will not allow to be. It also includes communicating to others your expectations and limits on when you lend things to them, such as how you expect them to treat your things and the time limit you have on your borrowed items. For example, a violation of your material boundaries would be that someone took something of yours without asking and returned it broken.

UNHEALTHY 	HEALTHY 
<ul style="list-style-type: none">- ALLOWING PEOPLE TO TAKE YOUR THINGS WITHOUT ASKING- NOT ASKING FOR YOUR THINGS BACK- ALLOWING THINGS TO BE RETURNED IN A BAD CONDITION- NOT KNOWING WHO YOU HAVE LENT YOUR THINGS TO	<ul style="list-style-type: none">- SETTING A TIME LIMIT ON YOUR THINGS BEING BORROWED- ENSURING THAT PEOPLE ASK BEFORE TAKING YOUR THINGS- KNOWING WHAT THINGS YOU FEEL COMFORTABLE WITH BEING BORROWED- NOT BEING AFRAID TO SAY "NO"

WHAT ARE YOUR MATERIAL BOUNDARIES?

Do I know what my material boundaries are?



Has someone ever borrowed something of mine and never returned it?

Who would I not allow to borrow my things, why?

Does it bother me when people return my things in a bad condition?

TIME BOUNDARIES

Your time is valuable, and you must know how to protect it. Time boundaries refer to how you use your time, prioritize it, and ultimately help you find the right balance with time spent between people and yourself. When you understand your priorities, you can dedicate the right amount of time to other people and other facets of your life, such as work, study, relationships, hobbies, and self-care. For example, a violation of your time boundaries would be when someone expects you to chat with them when you have told them that you need to study or not setting aside enough time to study for your exam and leaving it to the last minute.

UNHEALTHY 	HEALTHY 
<ul style="list-style-type: none">- GETTING UPSET IF PEOPLE DON'T TEXT YOU STRAIGHT BACK- CALLING PEOPLE EARLY IN THE MORNING OR LATE AT NIGHT- GIVING UP YOUR OWN PLANS TO BE WITH SOMEONE ELSE- STUDIES THE NIGHT BEFORE THE TEST	<ul style="list-style-type: none">- PRIORITIZES TIME FOR YOURSELF- SETS TIME ASIDE FOR WORK OR STUDY- HAS GOOD TIME MANAGEMENT- DOESN'T OVER COMMIT TO ONE PERSON OR ONE THING

WHAT ARE YOUR TIME BOUNDARIES?

Do I know what my time boundaries are?



What are my priorities in life at the moment?

Do I set enough time aside for myself or do I always feel stressed?

Am I comfortable to communicate my time needs to other people? How could I do this?

VERBAL BOUNDARIES

Verbal boundaries refer to how you talk to and allow others to speak to you. Firm verbal boundaries will help you communicate your needs to others and set the tone for how you expect others to treat you. Using "I" statements will help you express your feelings, for example, "I felt upset when you said that to me because...." Violations of your verbal boundaries include people interrupting you, lying, being sarcastic, or saying put-downs.

UNHEALTHY 	HEALTHY 
<ul style="list-style-type: none">- INTERRUPTING, LYING- SCREAMING, RAISING THEIR VOICE- PEOPLE NOT ALLOWING YOU TO TALK- NOT ALLOWING YOU TO BE HEARD	<ul style="list-style-type: none">- TALKING IN A RESPECTFUL TONE- ALLOWING OTHER PEOPLE TO TALK AND CONTRIBUTE TO CONVERSATIONS- USING "I" STATEMENTSBEING HONEST WITH PEOPLE

WHAT ARE YOUR VERBAL BOUNDARIES?

Do I know what my verbal boundaries are?

Do I allow other people to disrespect me in conversations?



What would I do if someone yelled or screamed at me?

Why is it important to set healthy verbal boundaries?

EMOTIONAL BOUNDARIES

Emotional boundaries refer to your ability to protect your feelings, ideas, values, and beliefs. Therefore, you would be able to separate your emotions from another's feelings. Individuals with healthy emotional boundaries will have a strong sense of self-identity and embrace their differences and uniqueness. It also involves paying attention to your needs, listening, and attending to your body.

Emotional boundary violations may include taking responsibility for someone else's feelings, letting them dictate your own, blaming others for your problems, and telling others how you feel.

UNHEALTHY 	HEALTHY 
<ul style="list-style-type: none">- DISMISSING AND CRITICIZING FEELINGS.- ASKING PEOPLE TO JUSTIFY THEIR FEELINGS- ASSUMING WE KNOW HOW OTHER PEOPLE FEEL.- MANIPULATIVE BEHAVIOR	<ul style="list-style-type: none">- LETTING GO OF THE NEED TO FIX OTHERS- ACCEPTING YOURSELF- NOT NEEDING TO DEPEND ON OTHERS APPROVAL- SPEAKING UP WHEN YOU DISAGREE WITH SOMEONE

WHAT ARE YOUR EMOTIONAL BOUNDARIES?

How would I describe myself?

Am I comfortable speaking up if I disagree with something someone is saying?

What are my top values and beliefs?

What are my emotional boundary needs?

BOUNDARY AFFIRMATIONS

SETTING BOUNDARIES IS ABOUT LOVING MYSELF

IT IS NOT UP TO ME TO FIX OTHERS

I DO NOT NEED TO TAKE RESPONSIBILITY FOR OTHERS

IT'S OK TO PUT MYSELF FIRST

OTHERS DON'T HAVE TO AGREE WITH ME, AND THAT IS OK

I HAVE THE RIGHT TO FEEL MY OWN FEELINGS

HEALTHY BOUNDARIES ARE NOT WALLS

BOUNDARIES ARE MY GATES THAT I GET TO OPEN AND
CLOSE WHEN I CHOOSE TO

IT'S OK TO MAKE PEOPLE ACCOUNTABLE FOR THEIR
ACTIONS

SETTING BOUNDARIES WILL HELP ME NOT BECOME,
ANGRY, BITTER OR RESENTFUL

I DO NOT NEED TO JUSTIFY MY BOUNDARIES TO ANYONE

BOUNDARIES ALLOW ME TO PARTICIPATE, BUT TO ALSO
LEAVE

I NEED TO HAVE BOUNDARIES SO THAT I DON'T FEEL
MISTREATED OR USED

I CAN SET BOUNDARIES, FIRMLY, NICELY AND CALMLY

BOUNDARIES ALLOW ME TO TAKE BETTER CARE OF MYSELF

MY BOUNDARIES PROTECT MY INNER CORE AND MY RIGHT
TO CHOICES

GIVERS NEED TO SET LIMITS, BECAUSE TAKERS NEVER DO

BOUNDARIES WILL HELP ME ALIGN WITH MY VALUES

WHEN I SET BOUNDARIES, I AM WILLING TO LET GO OF THE
OUTCOME

I REFUSE TO PLEASE OTHERS AT THE EXPENSE OF MY OWN
WELLBEING

EACH DAY I AM BECOMING STRONGER WITH MY
BOUNDARIES

SETTING BOUNDARIES MAY FEEL UNCOMFORTABLE TO START
WITH, BUT IT WILL GET EASIER

IF PEOPLE LOVE ME, THEN THEY WILL RESPECT MY
BOUNDARIES

I CAN RESPECT THE FEELINGS OF OTHERS AND STILL
HONOUR MY OWN.

I AM ALLOWED TO STAND UP FOR WHAT I BELIEVE IN
I DO NOT NEED TO PUT UP WITH PEOPLE THAT VIOLATE
MY BOUNDARIES



BOUNDARY QUESTIONNAIRE

	NO	SOMETIMES	YES
I ALLOW THE MOODS OF OTHER PEOPLE TO INFLUENCE MY MOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I SAY YES TO PEOPLE BECAUSE I DON'T KNOW HOW TO SAY "NO"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER PEOPLE'S OPINIONS ARE MORE IMPORTANT THAN MY OWN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FEEL LIKE CERTAIN PEOPLE TAKE ADVANTAGE OF ME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FIND IT HARD KNOWING WHAT MY TRUE VALUES, BELIEFS AND MORALS ARE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOME PEOPLE MAKE ME FEEL POWERLESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PEOPLE CAN RELY ON ME, NO MATTER WHAT IS GOING ON IN MY LIFE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I OVER SHARE INTIMATE DETAILS OF MYSELF WHEN I FIRST MEET PEOPLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I WOULD RATHER HELP OTHERS THAN THEM HELP MYSELF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FEEL LIKE I AM THE ONE THAT PUTS IN ALL THE EFFORT IN MY RELATIONSHIPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I STAY IN RELATIONSHIPS AND FRIENDSHIPS WITH PEOPLE THAT CONTINUE TO HURT ME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I MAKE EXCUSES FOR OTHER PEOPLE'S ACTIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FEEL GUILTY WHEN I SAY "NO"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I GET ANXIOUS WHEN I MEET NEW PEOPLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I OFTEN FEEL SORRY FOR OTHER PEOPLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I TRUST EVERYBODY I MEET	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FIND IT HARD TO MAKE DECISIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FEEL LIKE I GET TAKEN ADVANTAGE OF IN CERTAIN SITUATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I NEVER GET THINGS BACK WHEN I LEND THEM TO OTHERS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I EXPECT THAT OTHERS WILL UNDERSTAND MY NEEDS EVEN IF I HAVEN'T EXPRESSED THEM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I OFTEN FEEL LIKE I HAVE NO CHOICE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FIND IT HARD TO MAKE EYE CONTACT WITH PEOPLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I FIND IT HARD TO TRUST MY OWN INTUITIONS AND GUT FEELINGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL NUMBER FOR EACH CATEGORY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NO RECEIVES 2 POINTS, 1 FOR SOMETIMES AND 0 FOR YES. WRITE YOUR TOTAL SCORE HERE _____

0 - 13 - NO BOUNDARIES. YOU NEED TO WORK ON YOUR BOUNDARIES.

14 - 27 - INTERMEDIATE BOUNDARIES. YOU ARE SOMEWHERE IN THE MIDDLE. SOME BOUNDARIES NEED ATTENDING TO.

28- 42 - HEALTHY BOUNDARIES. YOU HAVE CLEAR WELL DEFINED BOUNDARIES.

CHECK IN WITH MYSELF

HOW DO I FEEL ABOUT THE RESULT FROM THE QUESTIONNAIRE?

WHAT AREAS DO I NEED TO IMPROVE ON THE MOST?

WAS THERE ANYTHING THAT TOOK ME BY SURPRISE?

WHAT BOUNDARIES ARE MY STRENGTHS?

WHAT BOUNDARIES DO I FIND CHALLENGING?

WHO CAN HELP HOLD ME ACCOUNTABLE FOR SETTING AND MAINTAINING MY BOUNDARIES?

RESPONSES THAT YOU CAN USE

"LET ME CHECK MY DIARY AND GET BACK TO YOU."

"I DON'T LIKE THAT, CAN WE TRY SOMETHING DIFFERENT?"

"I WOULD LIKE TO COME, BUT I HAVE ALREADY COMMITTED MYSELF TO SOMETHING ELSE AT THAT TIME."

"I CAN ONLY STAY FOR A LITTLE BIT."

"I REALLY CAN'T TALK ABOUT THAT RIGHT NOW. IT ISN'T THE RIGHT TIME".

"I AM SORRY YOU ARE HAVING SUCH A TOUGH TIME. HOWEVER, RIGHT NOW I AM NOT IN A PLACE TO TAKE IN ALL OF THIS INFORMATION."

"I'M HAPPY TO LEND YOU MY DRESS, BUT I'LL NEED IT BACK IN 2 DAYS"

"I CAN'T LEND YOU MY CAR, AS IT IS ONLY INSURED FOR ME"

"WE CAN NOT GIVE YOU MONEY, BUT MAYBE THERE IS ANOTHER WAY THAT I CAN HELP YOU?"

"I CAN'T COME THIS WEEKEND, I HAVE ALREADY COMMITTED TO SOMETHING ELSE"

"I CAN'T TALK RIGHT NOW AS I AM IN THE MIDDLE OF SOMETHING, CAN I CALL YOU IN AN HOUR?"

MY VALUES

TICK ANY VALUE THAT YOU EITHER HAVE OR DESIRE TO HAVE

- | | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Organized | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Passionate | <input type="checkbox"/> Giving |
| <input type="checkbox"/> Respectful | <input type="checkbox"/> Honest | <input type="checkbox"/> Reliable | <input type="checkbox"/> Authentic |
| <input type="checkbox"/> Committed | <input type="checkbox"/> Loyal | <input type="checkbox"/> Positive | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Sharing | <input type="checkbox"/> Fair | <input type="checkbox"/> Inquisitive | <input type="checkbox"/> Power |
| <input type="checkbox"/> Transparency | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Careful | <input type="checkbox"/> Reflective |
| <input type="checkbox"/> Clean | <input type="checkbox"/> Diversity | <input type="checkbox"/> Patient | <input type="checkbox"/> Successful |
| <input type="checkbox"/> Ethical | <input type="checkbox"/> Motivated | <input type="checkbox"/> Independent | <input type="checkbox"/> Connection |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Determined | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Equality |
| <input type="checkbox"/> Unique | <input type="checkbox"/> Trustworthy | <input type="checkbox"/> Confident | <input type="checkbox"/> Inspired |
| <input type="checkbox"/> Traditional | <input type="checkbox"/> Productive | <input type="checkbox"/> Graceful | <input type="checkbox"/> Persistent |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Empathetic | <input type="checkbox"/> Determined | <input type="checkbox"/> Selfless |
| <input type="checkbox"/> Present | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Kind | <input type="checkbox"/> Tolerant |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Useful | <input type="checkbox"/> Strong | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Health | <input type="checkbox"/> Wealth | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Perfection | <input type="checkbox"/> Fearless | <input type="checkbox"/> Grateful | <input type="checkbox"/> Love |
| <input type="checkbox"/> Dedicated | <input type="checkbox"/> Security | <input type="checkbox"/> Fun | <input type="checkbox"/> Risk Taking |

WAYS I CAN IMPROVE MY BOUNDARIES

LIMITS

WHAT IS ACCEPTABLE TO YOU AND WHAT ISN'T?

VALUES

YOUR LIMITS ARE OFTEN DETERMINED BY YOUR VALUES, WHAT ARE YOUR TOP VALUES?

ASSERTIVE

HOW CAN YOU COMMUNICATE YOUR NEEDS?

RESPECT FOR SELF

ARE YOU PUTTING OTHER PEOPLE'S NEEDS BEFORE YOUR OWN?

HOW CAN YOU SHOW YOURSELF MORE SELF-RESPECT?

RESPECT FOR OTHERS ARE YOUR BOUNDARIES ONLY SELF SERVING AND HURTING YOUR RELATIONSHIPS WITH OTHER'S?
IS THERE A WAY YOU CAN RECONSIDER YOUR BOUNDARIES WITHOUT SACRIFICING YOUR NEEDS?

SELF AWARENESS

DO YOU LISTEN TO YOUR FEELINGS? HAS THERE BEEN A TIME THAT YOU FELT UNCOMFORTABLE BUT DIDN'T LISTEN TO YOUR FEELINGS?

UNHEALTHY VS HEALTHY BOUNDARIES

SETTING HEALTHY BOUNDARIES IS YOUR HUMAN RIGHT

TRY FILLING IN THE BLANKS

UNHEALTHY

MIND GAMES AND
MANIPULATION

FEELING UNABLE TO EXPRESS
YOUR FEELINGS

YOUR IDENTITY IS BASED ON HOW
YOU THINK OTHERS WANT YOU TO
ACT

YOU ALLOW OTHERS TO
MISTREAT YOU

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Blank space for writing.

Blank space for writing.

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Blank space for writing.

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HEALTHY

OPEN AND HONEST
COMMUNICATION

EXPRESSING YOUR FEELINGS
HONESTLY

HAVING A STRONG SENSE OF
IDENTITY

YOU DON'T TOLERATE ABUSE OR
DISRESPECT

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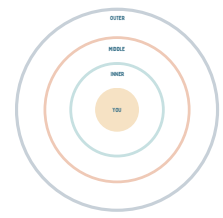
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TAKE ACTION

BOUNDARY THAT
WAS CROSSED

ACTIONS I CAN TAKE

BOUNDARY CIRCLES



THE BOUNDARY CIRCLE IS DESIGNED TO HELP INDIVIDUALS IDENTIFY WHOM THEY FEEL SAFE AND COMFORTABLE ENOUGH WITH, TO ALLOW INTO THEIR INNER CIRCLE, AND ULTIMATELY MAKE MEANINGFUL CONNECTIONS WITH.

THIS PROCESS WILL HELP YOU EXPLORE AND GAIN MORE CLARITY ABOUT YOUR BOUNDARIES AND WHAT CHARACTERISTICS YOU LOOK FOR IN OTHERS.

COULD YOU WRITE DOWN THE NAMES OF PEOPLE THAT FIT INTO EACH CIRCLE?

INNER CIRCLE

_____	_____	_____
_____	_____	_____
_____	_____	_____

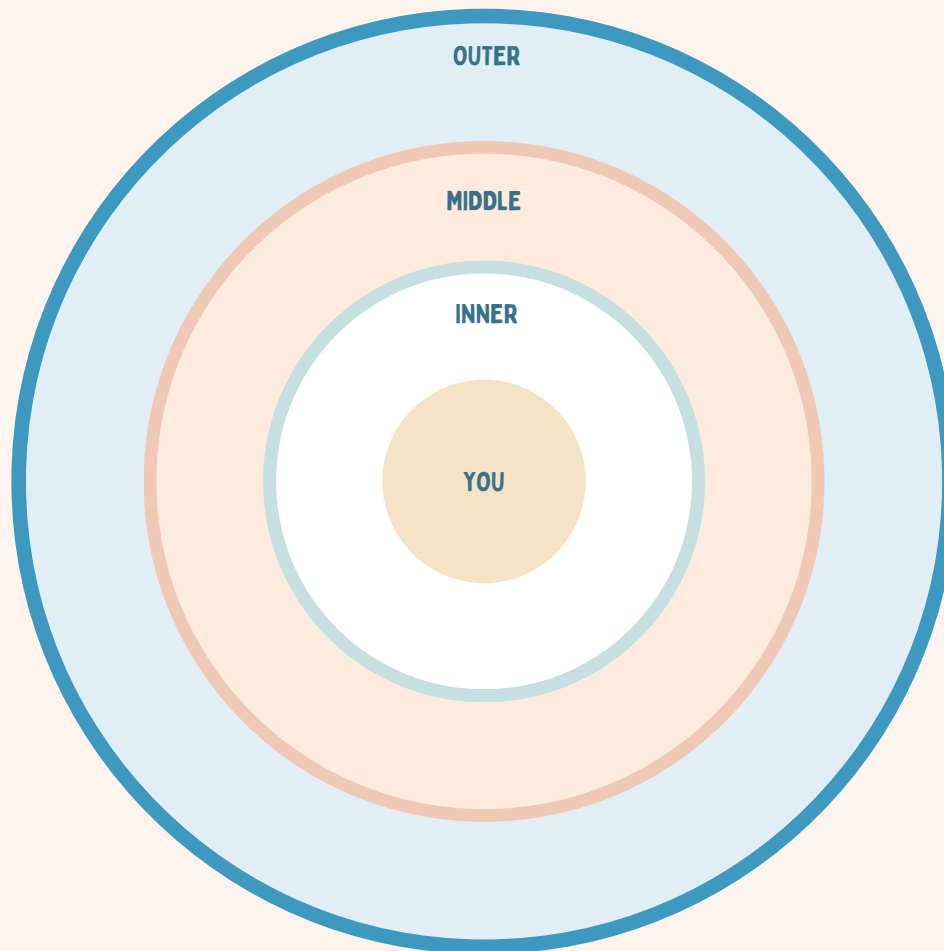
MIDDLE CIRCLE

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

OUTER CIRCLE

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

BOUNDARY CIRCLES



YOUR BOUNDARY CIRCLES CAN HELP YOU DECIDE WHAT TYPE OF RELATIONSHIPS YOU HAVE WITH THE PEOPLE YOU KNOW. THE PEOPLE YOU CONSIDER YOURSELF TO BE VERY CLOSE TO AND SHARE PERSONAL OR INTIMATE DETAILS ABOUT YOURSELF WOULD BE IN YOUR INNER CIRCLE BECAUSE YOU TRUST AND FEEL COMFORTABLE WITH THEM. THE MIDDLE CIRCLE MAY INCLUDE PEOPLE YOU STILL ENJOY SPENDING TIME WITH AND FEEL COMFORTABLE WITH BUT PROBABLY WOULDN'T SHARE PERSONAL DETAILS WITH. THEREFORE THE TIME YOU SPEND WITH THESE PEOPLE WOULD BE LESS THAN THOSE IN YOUR INNER CIRCLE. LASTLY, THE OUTER CIRCLE WOULD CONSIST MAINLY OF ACQUAINTANCES, PEOPLE YOU ONLY INVEST A LITTLE TIME TO. GENERALLY, YOU WOULD LIKE THESE PEOPLE BUT DON'T KNOW THEM WELL.

QUESTIONS TO CONSIDER:

HOW DOES A PERSON MOVE FROM ONE CIRCLE TO ANOTHER?

WHAT ARE THE CHARACTERISTICS AND TRAITS OF THE PEOPLE IN THE INNER CIRCLE?

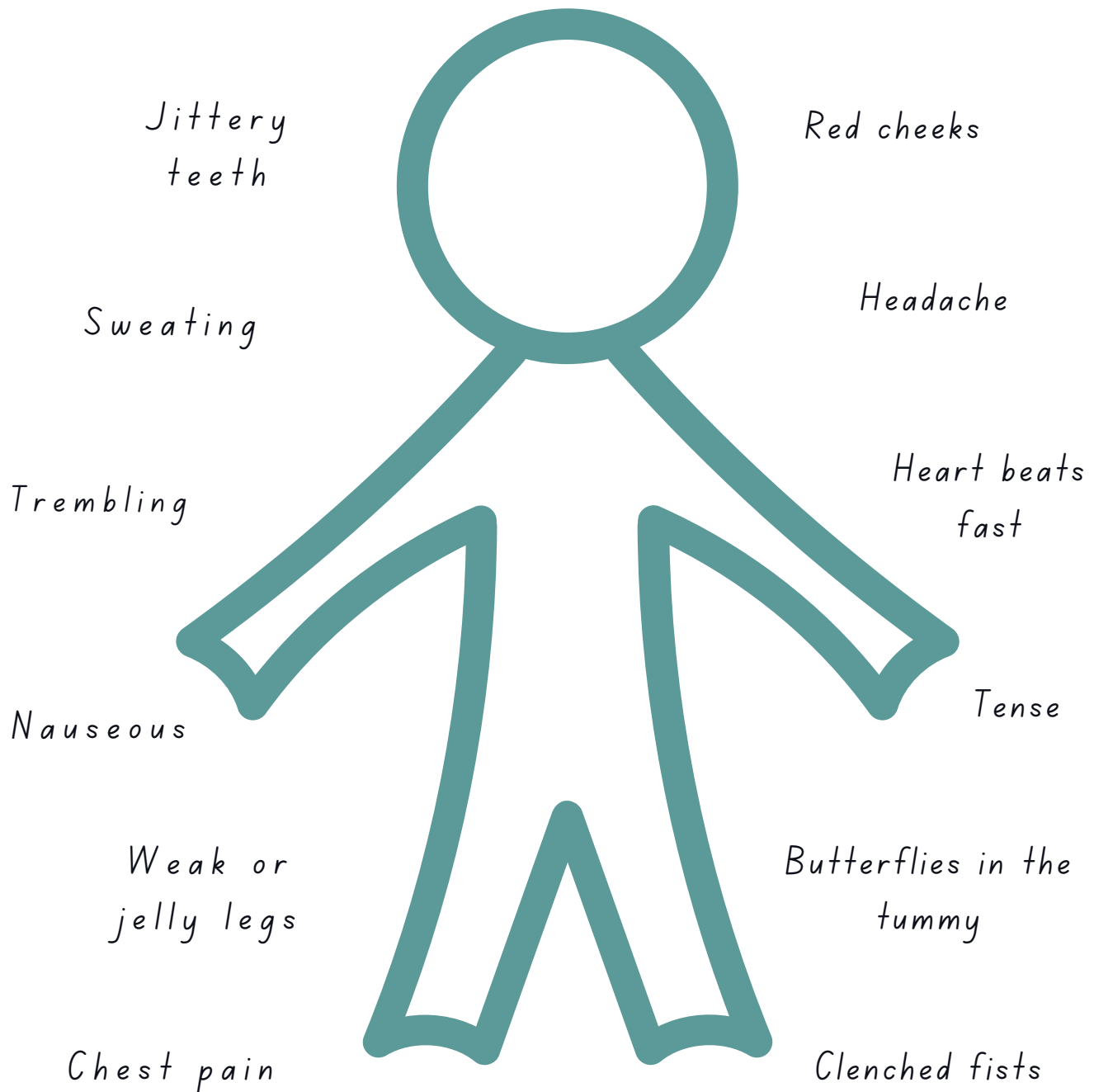
WHAT IS SOMETHING THAT WOULD MAKE YOU MOVE SOMEONE TO THE OUTER CIRCLE?

HOW MUCH TIME AND ENERGY WOULD YOU SPEND ON A PERSON IN EACH CIRCLE?

MY BODY SYMPTOMS

When our boundaries are crossed, we often feel uncomfortable or perceive a danger, resulting in many physiological symptoms within our bodies. Therefore, it is essential to listen to our body because our mind and body are connected, and these feelings often alert us and tell us that we feel uncomfortable.

Below are some common symptoms; circle any that may apply to you, or draw anything extra that isn't listed.





BOUNDARY SETTING STATEMENTS

Thanks for thinking about me, but I'm OK for now.

Can you please explain what you mean so that we can sort it out.

I think we may need to agree to disagree on this one.

Perhaps a little space will help us in this moment.

NO

I don't think I'm the best person to talk to about this matter.

Let's talk about this when we are feeling calm.

I know I'm putting myself first, but that's what I need.

Can we please discuss this in private rather than in front of other people.

