

Journal Prompts for Boundaries & Assertiveness

Understanding Boundaries

1. What does the word “boundary” mean to you?
2. Describe a time when you felt like someone crossed a boundary with you. How did you respond?
3. What are some physical, emotional, or mental boundaries you struggle to maintain?
4. Are there any relationships in your life where you feel drained? What boundaries might help?
5. What are some signs that indicate you need to set a boundary with someone?

Exploring Your Needs

6. How comfortable are you with saying "no"? What emotions come up when you do?
7. When was the last time you prioritized your own needs over others? How did it feel?
8. What are some fears or beliefs that make it difficult for you to set boundaries?
9. What are three non-negotiable boundaries that you need in your life?
10. How do you know when you're compromising too much in a relationship or situation?

Communicating Assertively

11. How do you typically react when someone challenges your boundaries?
12. What are some assertive phrases you can practice using in difficult situations?
13. Write about a time when you successfully set a boundary. What made it work?
14. What would it look like to express your needs clearly and confidently?
15. What is the difference between being assertive and being aggressive?

Strengthening Your Boundaries

16. How do you handle guilt when setting boundaries?
17. What are some self-care practices that help reinforce your personal boundaries?
18. How do you respond when someone doesn't respect your boundary?
19. Imagine your most confident self setting a boundary. How do they handle the situation?
20. What is one small boundary you can start setting today?