



BroknOpen

NOT YOUR AVERAGE THERAPIST

BOUNDARY CHECK-IN

*understand what's happening, identify what you need, and choose
a boundary that supports you.*



This is a space for you to reflect on one relationship or situation and check in with yourself. There are no right or wrong answers.

Who or what is this about? _____

Date: _____

1



WHAT'S HAPPENING NOW?

What behaviors, situations, or patterns are happening that affect you?

.....

.....

.....

2



WHAT FEELS UNCOMFORTABLE OR UNHEALTHY?

What doesn't feel good about this? How does it impact you?

.....

.....

.....

3



WHAT DO I NEED?

What do you need to feel respected, safe, and at peace?

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.....

.....

4



WHAT NEEDS TO CHANGE?

What would need to be different for this to feel healthier?

.....

.....

.....

5



WHAT BOUNDARY WOULD SUPPORT ME?

What is a clear boundary you can set to protect your well-being?

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.....

.....

6



WHAT IS MY NEXT STEP?

What's one small action you can take to honor this boundary?

.....

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Remember:

You are allowed to set boundaries that protect your peace.
You don't need permission to take care of yourself.

