

# Boundary Setting Worksheet

A boundary is the space between you and another person that marks where you end and the other person begins; they allow you to establish your own identity and to keep your feelings separate from someone else's.

## Instructions

Fill out one sheet for each person or group of people you have struggled to set and/or enforce boundaries with.

Boundaries are based on your values and what you find important. If you value time with your family you may set boundaries around working late. If you value your possessions you might set boundaries around loaning things to friends.

Knowing your boundaries before entering into a situation will help you be less likely to do something you are uncomfortable with.

## Always Remember

### Keep the focus on you

By using "I need" statements you can keep the focus on you and your needs instead of what the other person has done wrong.

### Be Confident

Use confident body language: eye contact, good posture, and a clear voice at a good volume.

### Set Consequences

Set the consequence prior to enforcing the boundary, so if/when the boundary is crossed you will be ready to enforce it. Make sure it is something you can follow through on.

### Know when to Compromise

Healthy boundaries know when to compromise. When appropriate, pay attention to the needs of the other person.

## How to say "no"

You always have the right to say "no" to things you don't want to do. Do so firmly, clearly, and without over-explaining so there is no confusion over what you want.

- No, I'm not able to do that
- I'm sorry, but I am not able to
- Please don't do that
- This is not acceptable
- I don't want to do that
- I am not comfortable with this
- Not at this time
- Sadly, I can't

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Person(s): \_\_\_\_\_

Relationship: \_\_\_\_\_

## Verbal Boundaries

Has this relationship  
violated my verbal boundaries? \_\_\_\_\_

How? \_\_\_\_\_

What do I need from this relationship  
to feel content? \_\_\_\_\_

How will I communicate my needs? \_\_\_\_\_

What will the consequences be  
if my boundaries are crossed again? \_\_\_\_\_

## Emotional & Psychological Boundaries

Has this relationship violated my emotional  
and/or psychological boundaries? \_\_\_\_\_

How? \_\_\_\_\_

What do I need from this relationship  
to feel content? \_\_\_\_\_

How will I communicate my needs? \_\_\_\_\_

What will the consequences be  
if my boundaries are crossed again? \_\_\_\_\_

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## Physical Boundaries

Has this relationship violated my physical boundaries? \_\_\_\_\_

How? \_\_\_\_\_

What do I need from this relationship to feel content? \_\_\_\_\_

How will I communicate my needs? \_\_\_\_\_

What will the consequences be if my boundaries are crossed again? \_\_\_\_\_

This person(s) is **NOT** allowed to:

Touch me

Borrow my things

Touch me in a sexual manner

Borrow money

Ask for my time/energy/help

Other: \_\_\_\_\_

## Other Boundaries

Has this relationship violated other types of boundaries? \_\_\_\_\_

How? \_\_\_\_\_