

Boundary Identification Worksheet

Part 1: Identifying Your Boundaries

Instructions: Reflect on different areas of your life where boundaries are important. Answer the questions below to identify and clarify your boundaries.

A. Physical Boundaries

1. What are your comfort levels with physical space and touch?

Example: I need personal space of at least two feet in social settings.

2. In what situations do you feel your physical boundaries are tested or violated?

Example: When someone stands too close in line or touches you without permission.

B. Emotional Boundaries

1. What are your emotional needs and limits in relationships?

Example: I need time to process my emotions before discussing them with others.

2. When do you feel emotionally drained or overwhelmed?

Example: When a friend frequently seeks reassurance or discusses their problems with you.

C. Verbal Boundaries

1. What are your needs and limits regarding how others speak to you?

Example: I need conversations to be respectful and free of insults or harsh criticism.



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2. In what situations do you feel your verbal boundaries are tested or violated?

Example: When someone interrupts you frequently or speaks to you in a condescending tone.

D. Time Boundaries

1. How do you manage your time and commitments?

Example: I need to dedicate specific hours to work and personal activities without interruptions.

2. In what situations do you feel your time is not being respected?

Example: When meetings or calls extend beyond scheduled times or when you're asked to take on additional tasks.

E. Digital Boundaries

1. How do you prefer to manage digital communication (e.g., emails, texts, social media)?

Example: I prefer to check emails only during work hours and avoid social media during meals.

2. When do you feel overwhelmed by digital communication?

Example: When receiving work-related messages during weekends or late at night.



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Part 2: Reflecting on Challenges

Instructions: Consider the challenges you face with setting or maintaining your boundaries. Reflect on the following questions.

1. What common barriers do you encounter when trying to enforce your boundaries?

Example: Fear of conflict, feeling guilty, or not being taken seriously.

2. How do these barriers affect your ability to maintain healthy boundaries?

Example: If I avoid setting boundaries due to fear of conflict, I end up feeling overwhelmed and resentful.

3. How do you typically respond when your boundaries are tested or violated?

Example: I often feel frustrated but struggle to express my needs clearly.



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Part 3: Developing Action Plans

Instructions: Create actionable steps to help you set, communicate, and maintain your boundaries effectively.

A. Setting Boundaries

1. What specific boundaries do you want to establish or reinforce?

Example: I want to set a boundary about not working after 6 PM.

2. How will you communicate these boundaries to others?

Example: "I will not be available for work-related tasks after 6 PM. Please contact me during work hours for urgent matters."

B. Communicating Boundaries

1. What is your strategy for communicating boundaries assertively and respectfully?

Example: Use clear "I" statements and avoid apologizing for your needs.

2. How will you handle resistance or pushback from others?

Example: Reiterate your boundary calmly and explain the importance of it for your well-being.



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C. Maintaining Boundaries

1. *What actions will you take to stay consistent in enforcing your boundaries?*

Example: Set up notifications to manage digital communication and remind yourself of your boundaries regularly.

2. **How will you practice self-care to support your boundary-setting efforts?**

Example: Schedule regular breaks and engage in activities that help you relax and recharge.

D. Seeking Support

1. **Who can you turn to for support when facing challenges with boundaries?**

Example: A trusted friend, family member, or therapist.

2. **How can you incorporate feedback from others into your boundary-setting process?**

Example: Discuss boundary challenges with a therapist to explore strategies and gain perspective.



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Part 4: Self-Reflection and Review

Instructions: Periodically review your boundaries and assess how well they are working for you.

1. How well are your boundaries being respected by others?

Example: Are you feeling less overwhelmed or more balanced?

2. What adjustments might you need to make to improve your boundary-setting?

Example: Adjusting work hours or refining communication strategies.

3. What positive changes have you noticed since setting or reinforcing your boundaries?

Example: Improved work-life balance or better emotional well-being.

