

Understanding and Setting Boundaries

PURPOSE:

To create healthy boundaries in relationships and practice setting them effectively.

INSTRUCTIONS:

Write responses to the prompts below and use the provided text boxes to answer.

1. Recognizing Violated Boundaries:

List times when someone crossed your boundaries (e.g., overstepping, demanding too much).

How did you respond in these situations?

2. Boundary Building:

Write three personal needs or values you want to protect.

For each, write a boundary statement. (Example: 'I need time for myself. I will decline last-minute requests that interfere with my self-care.')

3. Practicing Boundaries:

Role-play or imagine a situation where you assert one of these boundaries. What words will you use?