

Boundaries Worksheets

The following questions will help you find out how healthy your boundaries with others are:

- Do you feel comfortable, most of the time, saying no when someone is asking something of you that you're unable to give or do or that goes against your principles? **Yes/No**
- Do you usually refuse to take the blame for other people's action? **Yes/No**
- Do you expect and feel deserving of respect and kindness in your communication with others? **Yes/No**
- Do you have a clear sense of self that is separate from other people's identity (clearly being able to define your feelings, needs, passions, interests, etc.)? **Yes/No**
- Are you comfortable accepting help and defining what you want help with and what you want to deal with on your own? **Yes/No**
- Are you usually able to ask for space and alone time assertively and directly when you need some? **Yes/No**
- Are you usually able to articulate your discomfort or dissatisfaction in an assertive way? **Yes/No**
- Do you find it fairly easy to be vulnerable on your terms (i.e. you don't overshare or find it difficult to open up)? **Yes/No**
- Do you usually allow vulnerability to be mutual in your relationships (i.e. you don't share more than the other person is willing to share)? **Yes/No**
- Are you comfortable changing your mind about certain opinions or choices without feeling guilty? **Yes/No**

- Are you usually able to dictate where and with whom you spend your time? **Yes/No**
- Are you able to define and clearly communicate your sexual boundaries (i.e. what you're comfortable and uncomfortable talking about or doing with your partner)? **Yes/No**

Notes

1. Has lack of healthy boundaries been a lifelong problem for you?

2. At what age did you begin to notice that your boundaries were unhealthy? Has it worsened or improved over time?

3. Did you feel safe setting boundaries in your family?

4. Are you aware of any early experiences that may have caused unhealthy boundaries?

5. How are unhealthy boundaries causing problems in your relationships with others (e.g., friendships, romantic relationship, parenting)?

6. How would your life be different if you had healthier boundaries?

7. What are your deepest fears around starting to set boundaries or continuing your journey setting them? What would you say to someone who has the same fears?

8. How can you remind yourself that you deserve to set healthy emotional boundaries? (e.g. "I am worthy of healthy boundaries.")

9. If you feel anxious when setting a boundary or saying no, how can you calm yourself?

10. What can you do to show yourself more acceptance and compassion?

11. How can you connect with yourself and your needs more?

12. What boundaries would help protect your energy right now?

13. What would it feel freeing to say no to?

14. What self-care activities would make your life more enjoyable and less stressful?

15. What can you do to start to feel comfortable and confident to share your boundaries with others?

16. Do you find yourself often obsessively worrying about what others think of you? If so, what can you do to feel less obsessed?

17. How can you start practicing gentleness and compassion toward yourself?

18. Where can you ask for emotional support or help?

19. What can you do to assert and stand up for yourself more?
