

Boundaries Circle Worksheet

Boundaries circle is a tool to help you decide with whom and how much you share of your personal space, time, and intimate information.

You may think of your relationships in terms of circles:

Inner circle – people in this circle has earned your trust and you feel you can let them into your life more. (e.g. romantic partner, safe family members, close friends, etc.)

Middle circle – people in this circle are supportive and you can trust but your relationship isn't as intimate as your relationships with those who are in the inner circle. (e.g. friends, relatives, etc.)

Outer circle – people in this circle are supportive and you want to keep them in your life, but you don't want to share intimate information about yourself with them. (e.g. professionals who help you, acquaintance, etc.)

To help you decide on who belongs to which circle, answer the following questions:

What are the characteristics of people in your inner circle?

How do you decide when a person moves from one circle to another?

How much and what kind of information do you share with people in your inner circle? Middle circle? Outer circle?

Inner Circle:

Middle Circle:

Outer Circle:

How much time or energy do you want to spend on people in each circle?

Inner Circle:

Middle Circle:

Outer Circle:

Use the following diagram below to identify who is in what circle by writing down their names.

