Boundary Styles Worksheet

Rigid Boundaries: Inflexible, unyielding, and often keep others at a distance. Protect oneself from emotional harm but may lead to isolation.

Examples:

- *Avoiding close relationships to prevent getting hurt.*
- *Refusing to share personal information or feelings with others.*
- *Saying no to all requests, regardless of the situation.*

Weak Boundaries: Overly flexible and lack clear limits. Often lead to taking on too much responsibility for others and neglecting one's own needs.

Examples:

- *Sharing too much personal information with others.*
- *Difficulty saying no to requests, even when overwhelmed.*
- *Allowing others to take advantage of one's time and energy.*

Healthy Boundaries: Balanced and flexible. Protect oneself from harm while allowing for meaningful connections and respecting both personal and others' needs.

Examples:

- *Sharing personal information appropriately based on the level of trust in the relationship.*
- *Saying no when necessary and without guilt.*
- *Respecting one's own needs and limits while being considerate of others.*

1. Reflect on your current boundary style in different areas of your life.

- Personal Relationships: _____

- Work or School: _____

- Social Situations: _____

2. Consider how your boundary style affects your relationships and well-being.

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3. Identify steps to develop and maintain healthy boundaries in different areas of your life.

- Personal Relationships:

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- Work or School:

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- Social Situations:

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Use these steps to practice setting boundaries in a specific situation.

1. Identify the Situation: Describe a specific situation where you need to set a boundary.

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2. Clarify Your Needs: Determine what you need in this situation and why it's important.

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3. Communicate Clearly: Practice stating your boundary clearly and assertively.

  - *Example Statement: "I need [specific need] because [reason]. I would appreciate it if [request or action]."*

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4. Anticipate Reactions: Consider how others might react and how you will respond.

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