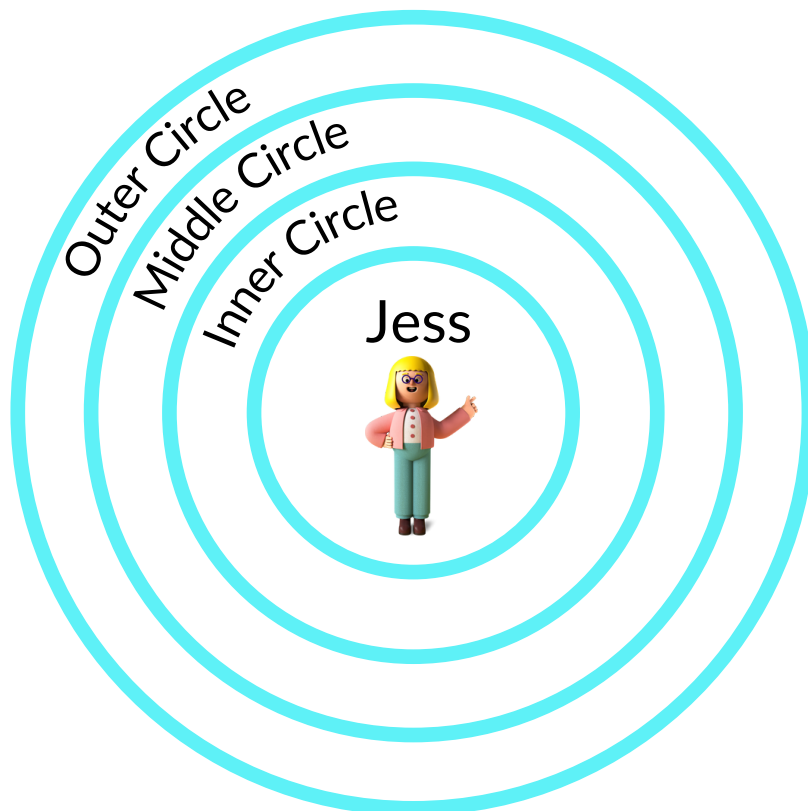


Boundaries Worksheet Pack

**Dr Lucy Russell,
They Are the Future**



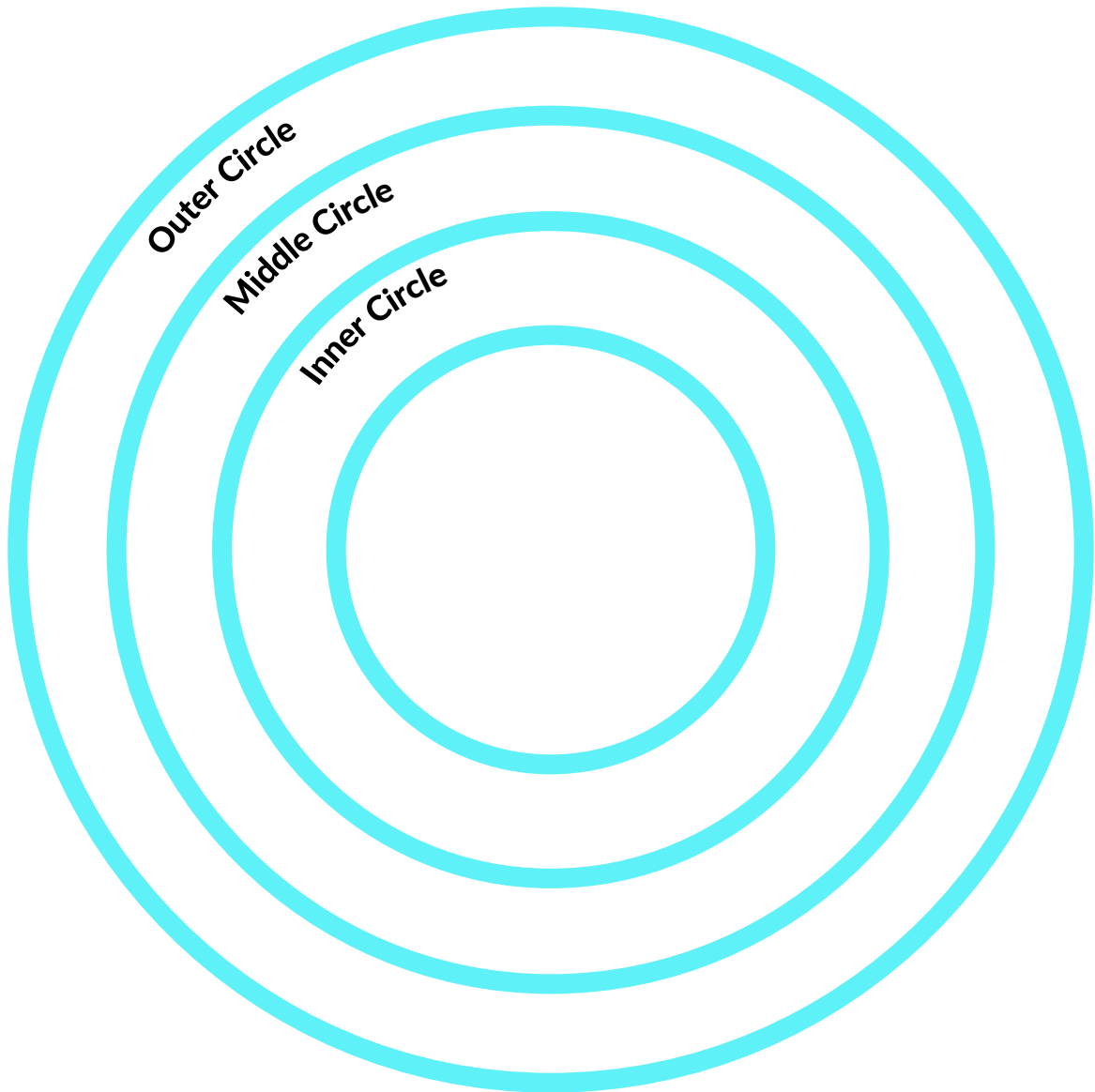
For instructions, go to:

<https://www.theyarethefuture.co.uk/boundaries-circle-worksheet/>



Name

Description of this boundary



Inner Circle Notes

Middle Circle Notes

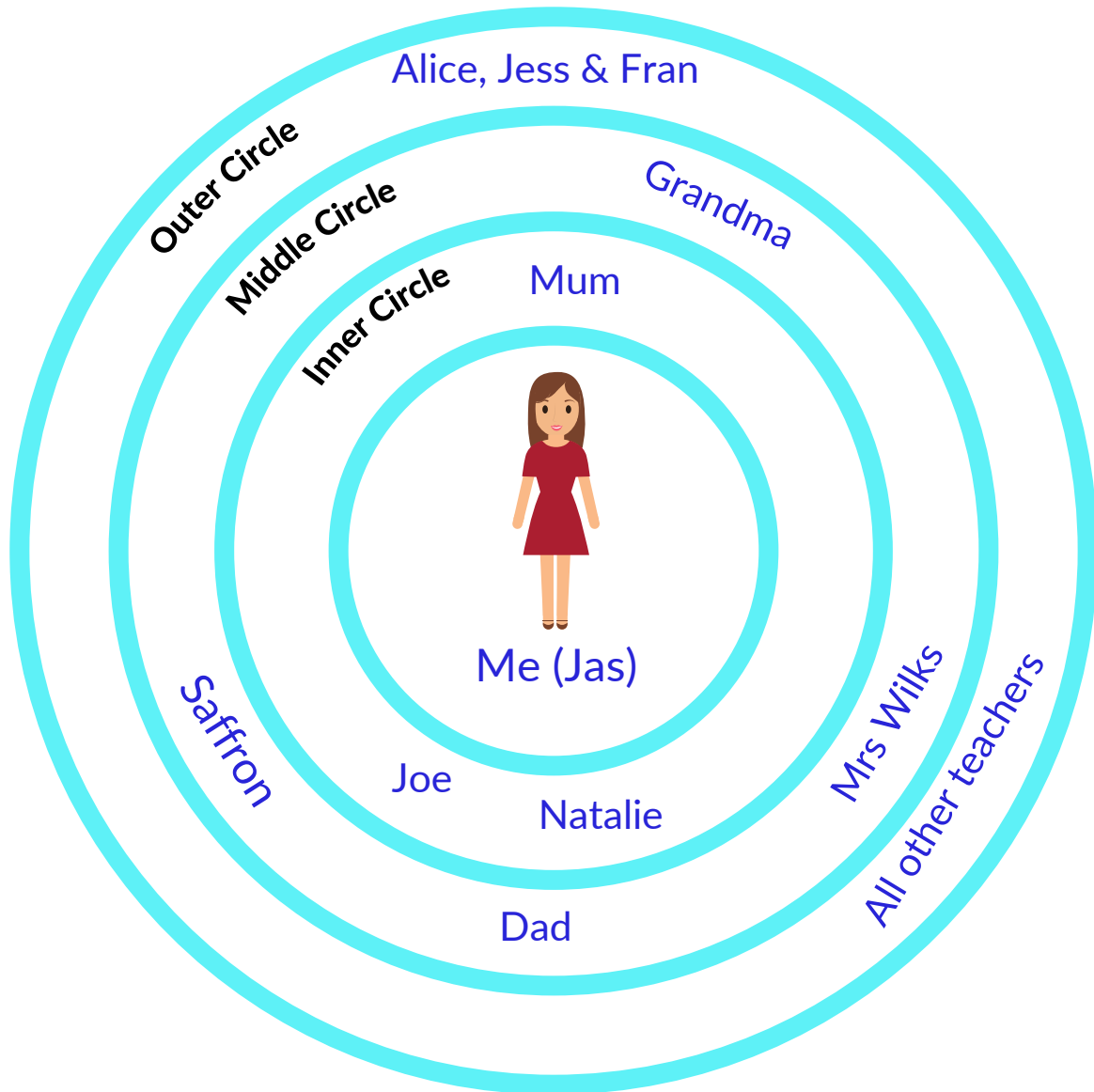
Outer Circle Notes



Example: Jas age 15

Name
Who I can confide in about my mental health

Description of this boundary



Inner Circle Notes

Tell them anything (fully trustworthy)

Middle Circle Notes

Give them basics but be cautious - they might not understand

Outer Circle Notes

Don't trust them at all OR wait and see/get to know them better



Example: Lisa (age 42)

Name

Practising saying no to people so I don't get overwhelmed

Description of this boundary



Inner Circle Notes

Always say yes

Middle Circle Notes

Say "I'll think about it" or "I need to check my diary".
Take 24 hrs to consider

Outer Circle Notes

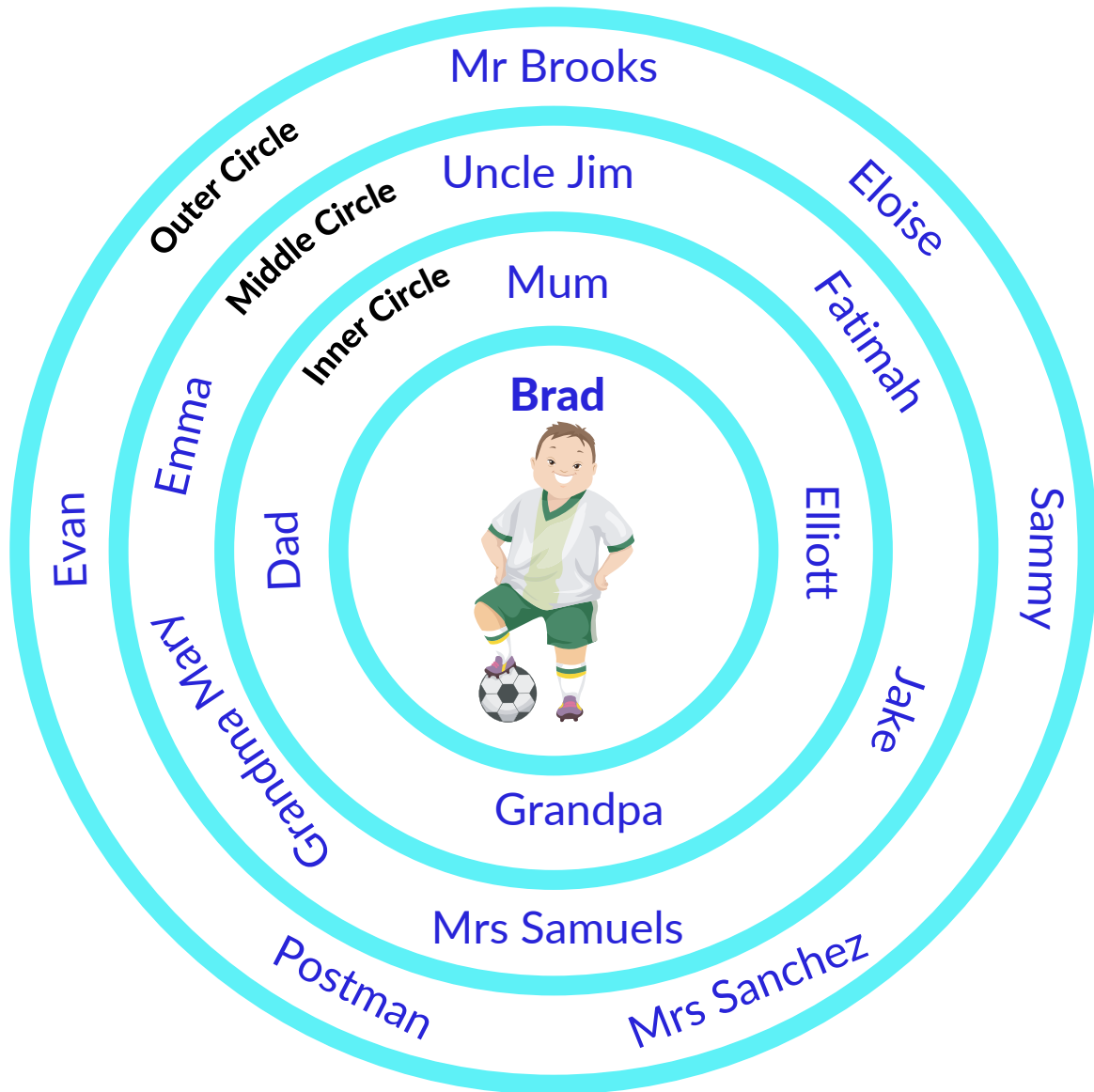
Say "sorry, I just can't right now".



Example: Bradley (age 13)

Who I can hug Name

Description of this boundary



Inner Circle Notes

Always okay to hug
but give a warning
first

Middle Circle Notes

Sometimes okay to
hug - check with
Mum, Dad or Mrs
Samuels first

Outer Circle Notes

Do not hug.
They don't like it
OR it's not okay
because we don't
know them well.