

Setting Healthy Boundaries Worksheet

A boundary is an emotional or physical distance from a person with toxic behaviors or a limit on time and energy. A boundary limits access. An emotional boundary may include a physical limit, so you do not become too close, repeat past mistakes, are not bullied and can protect your wellbeing or help you utilize time and energy more effectively.

Must haves from others: respectful, nonthreatening contact, problem solving rather than blaming, compliance with the boundary.

Drawing a Boundary

- Decide what behavior you need.

- Tell them making sure they understand
- Violated boundary- restate what you need. Be kind and firm. How did this go?

- With continued violation what would further action be?

- How can you put yourself in a position to minimize boundary crossing?

- What benefits will I derive from this boundary?

- If I blow it, how can I begin again and not give up or what new boundary do I need to set?

From Unhealthy Belief to Healthy Boundary

I can't say no to others.	I can and must say no if it is the best thing for me at this time. I must give up the fear of rejection when I say no.
It is my duty to make others' lives come out well or help them stay together.	It is the responsibility of each individual to decide what they will do. I can only decide for myself.
I can't trust anyone.	I will take it slow and watch for red flags. I will draw boundaries early on so I can access new people before trusting them.
I feel guilty if I don't include others in various activities.	I need and have the right to do things without others, so I do not become overly entangled with them.
It doesn't matter how others treat me.	I will state what I will and will not accept. If they continue to violate my wishes, then they need not be in my life.
I will just keep hiding so I stay safe.	I need not hide. I can tell others the rules of engaging with me. I will let boundaries be known and I will enforce them so I can be more involved in life and more at peace.
I will deaden my feelings so I can survive this relationship.	I will learn to say no to hurtful, disrespectful behavior. I will draw boundaries and not surrender to fear. Then I will learn to feel again so I can bless those in my life deserving my affection.
I don't know where to draw the boundaries.	I will learn to draw healthy boundaries and enforce them so I can discover who I am again rather than letting others define me.

