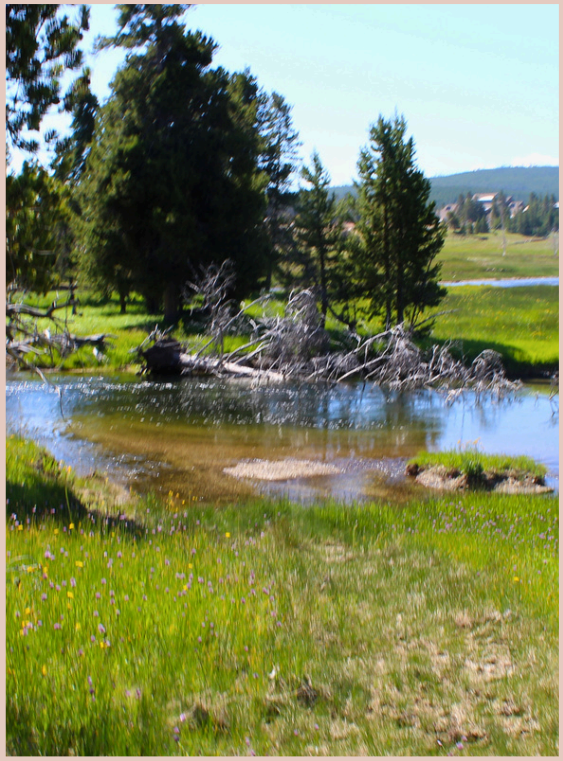
# BOUNDARY SETTING WORKSHEET



Make a Positive Change in Your Life Today www.themarymcconnell.com

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# SECTION 1: BOUNDARY ASSESSMENT



**Instructions: "Rate each area from 1-5 (1=No boundaries, 5=Strong boundaries)"**

Be honest this is only for you.

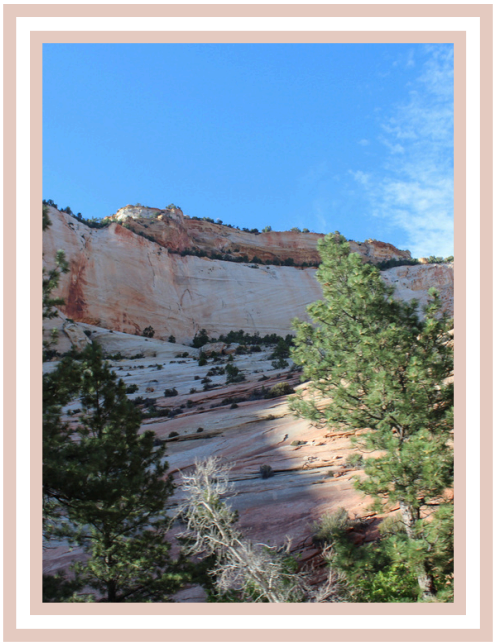
Truly think about each answer.

Make notes to remind yourself.

You are strong you can do this.

# PHYSICAL BOUNDARIES:

☐ I can say no to unwanted physical contact ___/5
☐ I protect my personal space and belongings ___/5
☐ I set limits on physical intimacy ___/5



## Notes:

# EMOTIONAL BOUNDARIES:

☐ I don't take responsibility for others' emotions ___/5
☐ I can express my feelings without fear ___/5
☐ I don't allow others to manipulate my emotions ___/5



## Notes:

# FINANCIAL BOUNDARIES:

☐ I control my own money and spending ___/5
☐ I don't give money out of guilt or pressure ___/5
☐ I can discuss finances without fear ___/5



## Notes:

# COMMUNICATION BOUNDARIES:

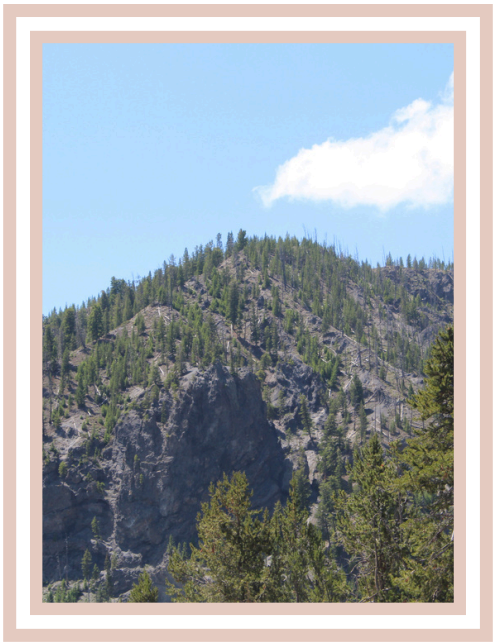
☐ I can speak up when disrespected ___/5
☐ I don't engage in toxic conversations ___/5
☐ I can end conversations that hurt me ___/5



## Notes:

# COMMUNICATION BOUNDARIES:

☐ I can speak up when disrespected ___/5
☐ I don't engage in toxic conversations ___/5
☐ I can end conversations that hurt me ___/5



## Notes:

# SECTION 2: CREATING YOUR BOUNDARIES



**Instructions: "Fill in your specific boundary statements using the examples below"**

Use your answers above

Take time and realize what's reasonable

Make these obtainable

It's ok to make small steps

# PHYSICAL BOUNDARY

Examples:

- "I will not allow anyone to touch me without permission"
- "I have the right to my own personal space"

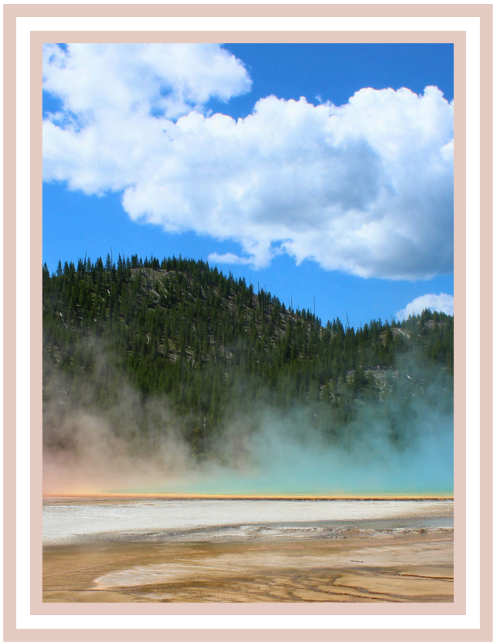


## Your boundary:

# EMOTIONAL BOUNDARY

Examples:

- "I am not responsible for managing your emotions"
- "I will not accept being yelled at or verbally abused"

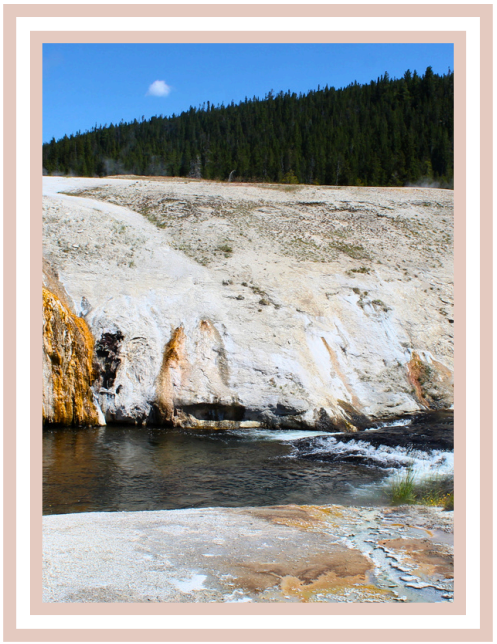


## Your boundary:

# TIME BOUNDARY

Examples:

- "I need advance notice before making plans"
- "I will not drop everything to solve your crisis"



## Your boundary:

# COMMUNICATION BOUNDARY

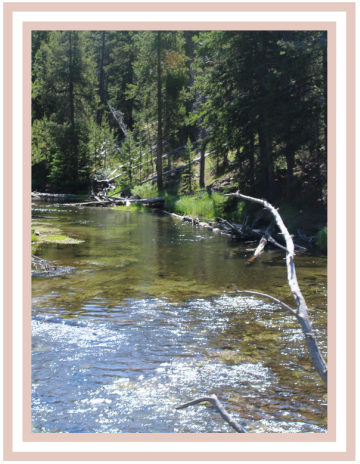
Examples:

- "I will not discuss this topic with you"
- "I will leave if you continue speaking to me this way"



## Your boundary:

# SECTION 3: BOUNDARY ACTION PLAN



**My Top 3 Boundaries to Implement This Week:**

1. How I'll communicate it:

   _____

   What I'll do if it's crossed:

   _____

1. How I'll communicate it:

   _____

   What I'll do if it's crossed:

   _____

1. How I'll communicate it:

   _____

   What I'll do if it's crossed:

   _____

Remember: Boundaries are not walls - they're gates with you as the gatekeeper.