

# Boundaries Worksheet

List some healthy boundaries that you have in your relationships:

Can you identify any unhealthy (or lack of) boundaries in your relationships? Describe them.

Reflect on how it makes you feel when someone respects and honors your boundaries below:

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Reflect on the people in your life who you need to set boundaries with. Who are they?

*How do these people violate your boundaries? How does it make you feel when that happens?*

What are some actions you can take to establish or strengthen your boundaries with these people?