

# Boundaries Worksheet

## Client Information

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Consultation: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

## Personal Reflections

What does the term "boundaries" mean to you?

What are some of your personal values and beliefs related to boundaries?

Reflect on your past experiences with setting and maintaining boundaries. What worked well and what didn't?

What are some of the benefits of setting healthy boundaries in your relationships with others?

## Identifying Boundaries

What are some of the areas in your life where you may need to establish boundaries (e.g., personal space, time management, communication, emotional intimacy)?

What are some specific examples of situations in which you have struggled to set boundaries?

What are some red flags or warning signs that suggest you may need to establish better boundaries in a relationship?

### **Setting Boundaries**

What are some strategies for setting and maintaining healthy boundaries in relationships?

How can you communicate your boundaries effectively with others?

How can you respond when others violate your boundaries?

What are some ways you can practice self-care and maintain your own well-being while setting boundaries in your relationships?

### **Reflections and Next Steps**

Reflect on the insights and strategies you have gained from completing this worksheet.

Identify one or two specific boundaries you would like to set in your relationships with others.

What are some concrete steps you can take to establish and maintain these boundaries?

How can you monitor your progress and evaluate the effectiveness of your boundary-setting strategies over time?

**Notes:**