

# Boundaries Worksheets for Youth

Name	Date
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Write down your needs when it comes to setting boundaries with others

Are there people in your life with whom you want to set boundaries? What types of situations have led you to want this? Try and be as specific as possible.

Boundaries are important and, if you feel up to it, it can be a good idea to communicate these to your friends and family. What are some ways you can discuss your boundaries with the people in your life?

Sometimes you will find yourself in a situation where someone repeatedly crosses your boundaries. These situations can be difficult, but it's important to remember that being assertive and firm is an important aspect of self-care. What are some ways that you can stand up for yourself when your boundaries are being crossed?