

Developing Personal Boundaries DBT Worksheet

Name:

Date:

Physician's Name:

Instructions:

Rate the following statements from 1 to 3 wherein:

1 = Never

2 = Sometimes

3 = Always

	My behavior appropriately fits situations and my relationships with others.
	I look to myself first to fulfill my personal needs.
	I reveal my personal thoughts and feelings to people I trust.
	I seek physical and/or emotional intimacy with people who care about me.
	Others share with me in healthy and respectful ways.
	I make my own decisions.
	I focus on my needs and goals without being influenced by others.
	I consider the consequences of my decisions and how they affect others.
	I do not allow people to take advantage of me.
	I maintain my integrity no matter what other people say or believe.
	I am able to take care of myself when I feel emotionally vulnerable.
	I am aware when someone infringes on my rights.
	I am able to say 'no' if I feel someone is asking for something I do not wish to give.
	I am aware of the personal boundaries of others and respect them.
	I avoid taking advantage of others.
	I am flexible with my limits when appropriate.
	My boundaries are grounded in my priorities, goals, and values.
	I avoid situations that can harm me emotionally, physically, psychologically, or in other ways.
	I don't change my opinions or do something against my values in order to get someone like me.

	I don't allow people to take advantage of my time or money.
	I trust myself and the decisions I make about my relationships.
	I seek advice from people I trust, but I still make up my own mind when in doubt.
	I have a clear idea about who I am and what I want from life.
	I recognize that people are not "mind readers," and I clearly communicate my needs, desires, and feelings.
	I am assertive and still consider the rights and needs of others.
Total Score:	
Score Legend:	

Score	Interpretation
25 - 40 points	You have established clear healthy personal boundaries.
41 - 58 points	You may have to address some issues with personal boundaries.
59 or more points	You have significant challenges around establishing healthy personal boundaries.

Review your answers and choose an area where you experience challenges. Describe an incident that illustrates a problem you have experienced.

How will your life be different if you establish and maintain healthy boundaries?

Describe what boundaries may be flexible or negotiable in some situations.

Describe what boundaries are non-negotiable.

Describe how establishing and maintaining healthy boundaries can build your self-respect.

Reflection of This Exercise

On a scale from 1 to 10, how helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful) _____

What did you learn from this exercise?

Reference: Pipitone, E., & Doel, A. (2020). Developing Healthy Personal Boundaries In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 179-182).