

Emotional Boundaries Worksheet

Name:

Age:

Instructions: This worksheet is designed to help you understand and establish healthy emotional boundaries in your relationships. Take your time to reflect on the questions and jot down your responses.

1. Identify Your Emotions

- List the emotions you commonly experience in your relationships.

- Describe situations or triggers that evoke these emotions.

2. Recognize Boundaries

- Define what emotional boundaries mean to you.

- How do you differentiate between your emotions and someone else's emotions?

3. Assess Current Boundaries

- Reflect on your recent interactions with others.
- Were there instances where you felt your emotional boundaries were crossed?

- How did it make you feel, and how did you respond?

4. Set Clear Boundaries

- Identify specific emotional boundaries you want to establish.

- Consider the types of relationships (e.g., family, friends, work) where you need to set these boundaries.

5. Communication Strategy

- Think about how you can communicate your emotional boundaries effectively.
- What words or phrases can you use to express your feelings and needs?

6. Practice Self-Care

- List self-care activities that help you maintain your emotional well-being.

- How can you prioritize self-care to reinforce your boundaries?

7. Boundaries vs. Walls

- Differentiate between healthy emotional boundaries and emotional walls.

- Describe a situation where setting boundaries is appropriate but building walls is not.

8. Boundaries Maintenance

- Share your plans for regularly checking and maintaining your emotional boundaries.

- How will you handle boundary violations if they occur?

9. Seek Support

- Identify individuals or resources you can turn to for guidance and support as you work on your emotional boundaries.

10. Self-Reflection

- Take a moment to reflect on what you've learned from this worksheet.
- Write down one actionable step you can take to improve your emotional boundaries.