

# Healthy Vs. Unhealthy Boundaries Worksheet

Name:

Date:

## Understanding Boundaries

### What are Healthy Boundaries?

Define in your own words what a healthy boundary is:

### What are Unhealthy Boundaries?

Define in your own words what an unhealthy boundary is:

## Importance of Boundaries

Why do you think boundaries are important in relationships, work, and self-care?

## Identifying Your Boundaries

### Personal Relationships

**Family:** What are your boundaries with your family members?

**Friends:** What are your boundaries with your friends?

**Partners:** What are your boundaries in romantic relationships?

## **Work Dynamics**

**Colleagues:** What are your boundaries with your co-workers?

**Superiors:** What are your boundaries with your bosses or supervisors?

**Work-Life Balance:** How do you separate work from your personal life?

## **Self-Care Practices**

**Physical Health:** What are your boundaries concerning your physical health?

**Mental Health:** What are your boundaries concerning your mental well-being?

**Time Management:** How do you set aside time for yourself?

## Evaluating Your Boundaries

### Healthy or Unhealthy?

For each boundary identified above, categorize them as healthy or unhealthy and briefly explain why.

**Family:** Healthy/Unhealthy - Explanation:

**Friends:** Healthy/Unhealthy - Explanation:

**Partners:** Healthy/Unhealthy - Explanation:

**Colleagues:** Healthy/Unhealthy - Explanation:

**Superiors:** Healthy/Unhealthy - Explanation:

**Work-Life Balance:** Healthy/Unhealthy - Explanation:

**Physical Health:** Healthy/Unhealthy - Explanation:

**Time Management:** Healthy/Unhealthy - Explanation:

### **Planning for Change**

Identify at least three boundaries you would like to improve or establish.

**Boundary to Improve:**

- **Current State:**

Healthy

Unhealthy

- **Steps for Improvement:**

**Boundary to Improve:**

- **Current State:**

Healthy

Unhealthy

- **Steps for Improvement:**

**Additional Resources and Support Needed**

- **Assertiveness Training:**

Yes

No

- **Self-Care Techniques:**

Yes

No

- **Professional Assistance:**

Yes

No

**Further Notes:**

You can print this worksheet or keep a digital copy to fill out. Take your time to honestly assess your boundaries, and remember that acknowledging areas for improvement is the first step in creating healthier boundaries for yourself.