

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.