

# Reflecting on Boundaries PTSD Worksheet

Name	Date
<p><b>Instructions:</b> Post-Traumatic Stress Disorder (PTSD) can have a profound impact on your life, including how you set and maintain boundaries. This worksheet is designed to help you reflect on your boundaries and how they may have been affected by PTSD. Take your time with each section, and be as honest and open with yourself as possible.</p>	
<p>In your own words, what do you understand by the term "personal boundaries"?</p>	
<p>List three types of boundaries (e.g., physical, emotional, time) and briefly explain what each means to you.</p>	
<p>Reflect on your boundaries before experiencing trauma. How did you typically set and maintain boundaries in your life? Describe any changes you have noticed since the traumatic event(s).</p>	
<p>Describe your current boundaries. Are they different from your pre-trauma boundaries? If so, in what ways?</p>	
<p>How has PTSD affected your ability to establish and maintain boundaries? Consider both physical and emotional boundaries.</p>	

Have you experienced any boundary violations since the trauma? If so, describe these experiences and how they made you feel.

List any behaviors, thoughts, or patterns that suggest you may have unhealthy boundaries. Be specific.

What triggers or situations make it particularly challenging for you to set and maintain boundaries?

What are the boundaries you would like to establish or re-establish in your life to promote your well-being and mental health?

How can you practice self-care to support your efforts in maintaining healthy boundaries?

What strategies can you employ to effectively communicate your boundaries to others, especially when it may be difficult to do so?

Who can you turn to for support in your journey to establish and maintain healthy boundaries?

List three short-term goals related to boundary-setting that you would like to achieve in the next month.

List three long-term goals related to boundary-setting that you would like to achieve in the next six months to a year.

**Additional notes**