

Setting Boundaries Worksheet

Name

Date

Situation - describe what happened when you overstepped a boundary

Thoughts - what was going through your mind when this happened?

Emotions - how did you feel when this happened?

Body - how did your body react when this occurred - what was your physical reaction?

Consequence - what happened afterward?

Name

Date

Creating boundaries

List 5 ways to create a boundary to prevent this from occurring next time

What is a challenge to enforcing these boundaries?

How can you overcome these challenges?

What have you learned from this experience?