

# Setting Boundaries Worksheet

Name	Date
<b>Situation</b> - describe what happened when you overstepped a boundary	
<b>Thoughts</b> - what was going through your mind when this happened?	
<b>Emotions</b> - how did you feel when this happened?	
<b>Body</b> - how did your body react when this occurred - what was your physical reaction?	
<b>Consequence</b> - 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?**