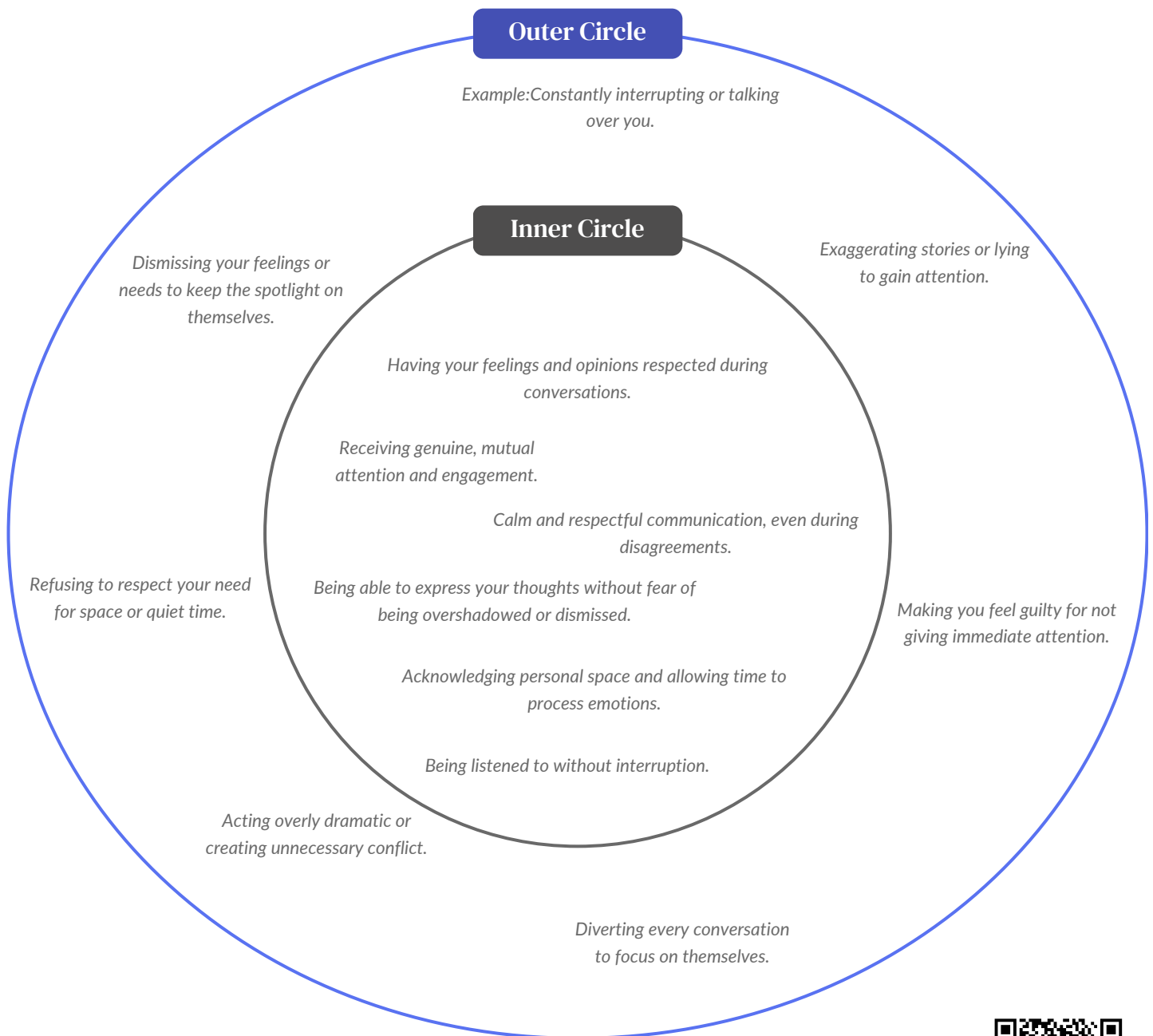


How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries when dealing with attention-seeking behaviors in your relationships. **By identifying your needs and limits, you can communicate more clearly, protect your emotional well-being, and reduce the negative impact of attention-seeking actions.** Use this worksheet to explore your boundaries and develop strategies for maintaining them in a way that supports healthier, more balanced relationships.

PART 1: Visualize Your Boundaries

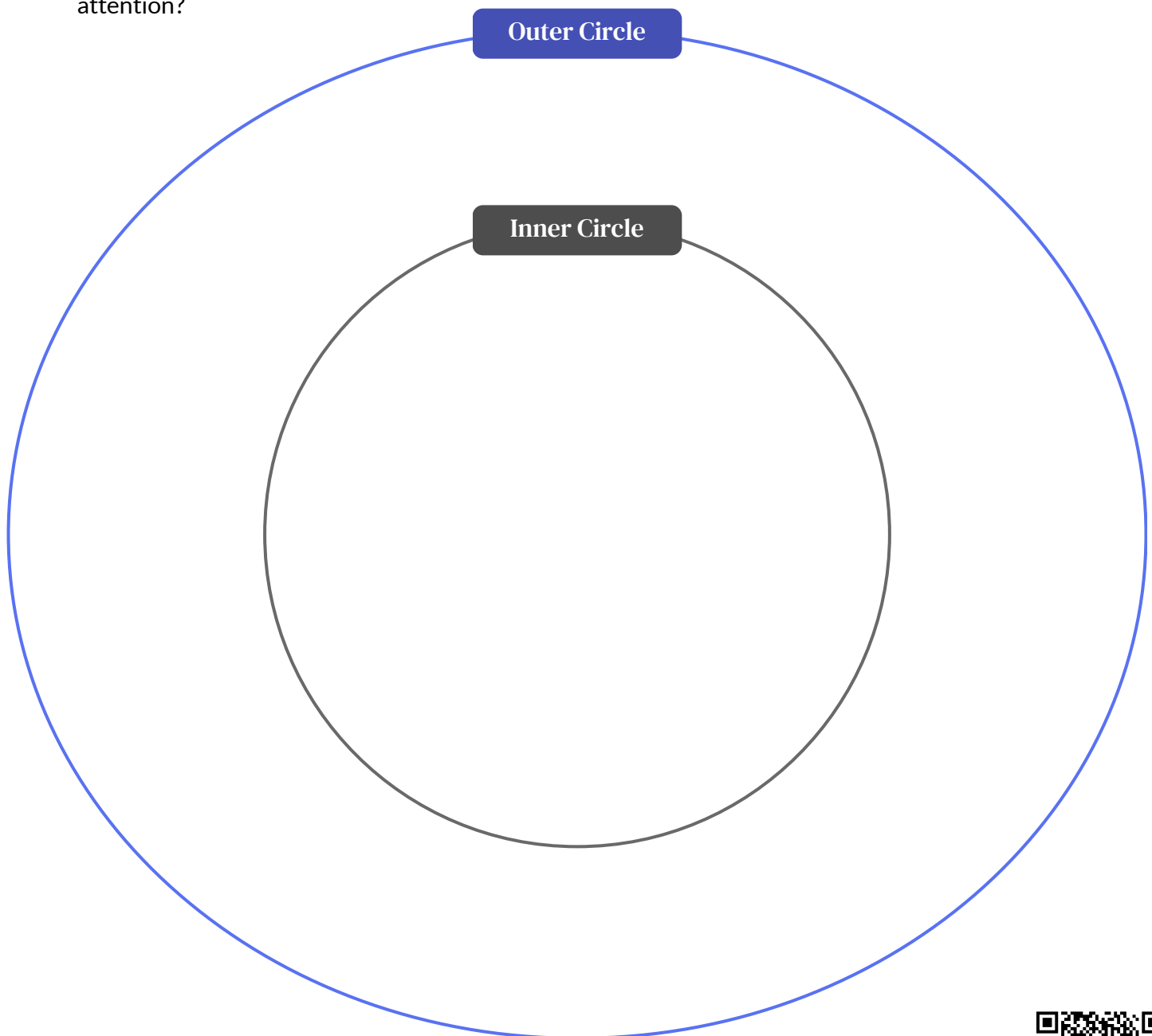
Inside the circle, write down everything that makes you feel safe, respected, and heard when someone is seeking attention. Outside the circle, list anything that makes you feel stressed, disrespected, or uncomfortable in these situations. These are the behaviors or scenarios that cross your boundaries and require clear communication or action to address.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What actions or behaviors from others help me feel calm and respected when they seek attention?
- What behaviors or actions from others currently cause me stress when they seek attention?
- What specific moments in our interactions make me feel supported and valued?
- What about their attention-seeking behavior leaves me feeling drained and exhausted?
- What environments or settings help me feel more at ease when dealing with their attention-seeking behaviors?
- What environments or settings make me feel more stressed or unsafe when someone is seeking attention?



How to Set Healthy Boundaries

PART 2: How to Establish Your Communication Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Verbal Boundaries

- "I need you to speak to me in a calm, respectful tone."
- "I need you to avoid using sarcasm or exaggeration for attention."
- "I need you to focus on the issue at hand and not divert the conversation back to yourself."
- "I need you to communicate clearly without being evasive or seeking sympathy."

Emotional Boundaries

- "I want to feel that my feelings are acknowledged and validated, without the conversation being redirected to focus on you."
- "I want you to apologize if your attention-seeking behaviors hurt my feelings."
- "I need you to avoid using my vulnerabilities to get attention"

Time Boundaries

- "I want to take a 10-minute break if it gets too heated."
- "I want to agree on a specific time to discuss conflicts, so we can avoid attention-driven conflicts."
- "I want to limit discussions to 30 minutes."
- "I need to postpone arguments if they start late at night, to ensure we both get enough sleep."



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: Whenever we're in a group setting, Sarah constantly interrupts conversations to redirect attention to herself, often exaggerating stories or making sarcastic remarks. This makes me feel frustrated and disrespected, as I struggle to maintain focus on the conversation and feel like I'm being overshadowed.

Boundary I will set:

I will calmly but firmly ask Sarah to allow others to finish speaking before contributing to the conversation and let her know I feel uncomfortable when the conversation consistently shifts back to her.

Any potential challenges:

Sarah might feel defensive or dismiss my request.

Sarah might continue to interrupt or seek attention in other ways.

How I will handle these challenges:

I will stay calm and avoid engaging with any sarcasm or defensiveness. If Sarah dismisses my boundary, I will restate it clearly and let her know that I'm not comfortable with the behavior. If it continues, I'll politely excuse myself from the conversation to reinforce that I won't participate when my boundaries aren't respected. I'll also remind myself that maintaining healthy boundaries is necessary for my well-being, even if it creates temporary tension.



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PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

