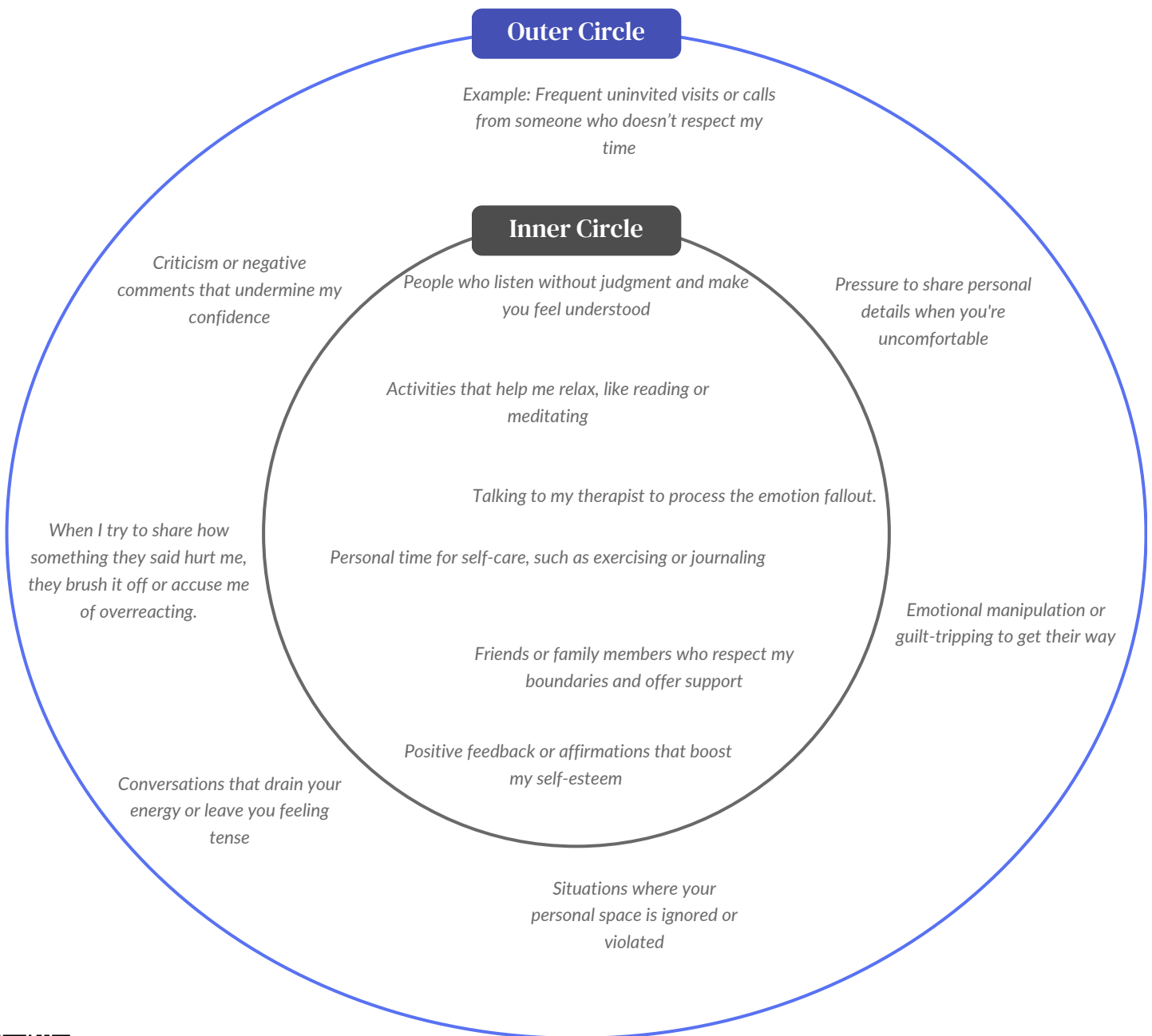


Setting boundaries in relationships is essential for protecting your mental and emotional health. This worksheet is designed to guide you in identifying areas where boundaries are needed, understanding what healthy boundaries look like, and developing practical strategies to enforce them. By setting and maintaining these limits, you empower yourself to create a safer space that supports your well-being and sense of self.

## PART 1: Visualize Your Boundaries

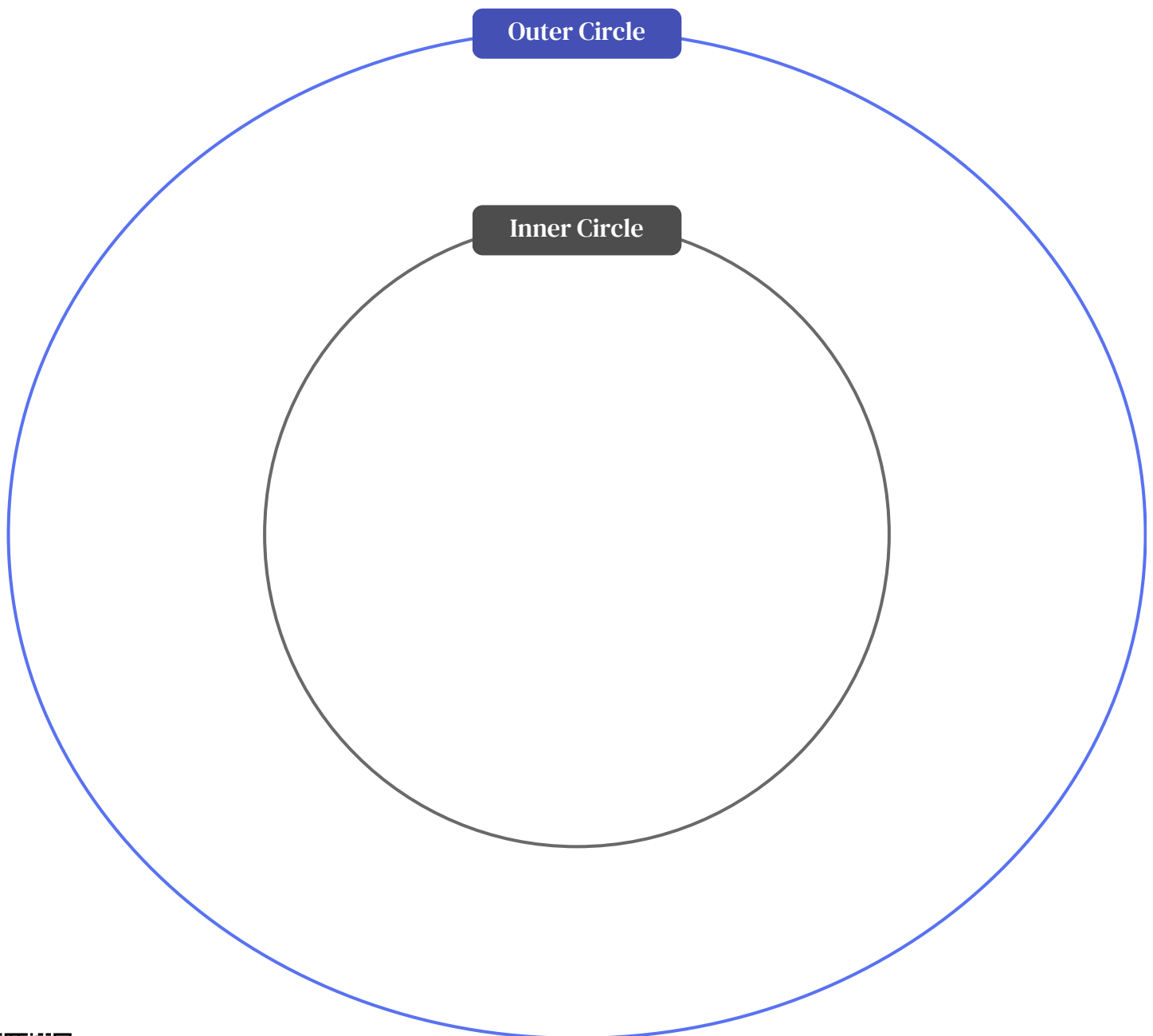
Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



# How to Set Healthy Boundaries

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

- What boundaries do I currently have in place to protect my mental well-being in challenging relationships?
- Who or what helps me feel understood, calmer, or safer when dealing with difficult interactions?
- How do I take care of myself after encounters that leave me feeling drained or upset?
- What specific behaviors from others make me feel disrespected or uncomfortable?
- What actions or words from others make me feel guilty, criticized, or ashamed?
- What types of conversations leave me feeling emotionally drained, anxious, or overwhelmed?
- In what ways do others try to control my decisions or push me to act against my own needs?



Scan or [click here](#) to learn more about how to set 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."
- "I need you to focus on the issue at hand and not make personal attacks."
- "I need you to clearly and honestly communicate without being evasive."

### Emotional Boundaries

- "I want to feel that my feelings are acknowledged and validated."
- "I want you to apologize if you hurt my feelings during the argument."
- "I need you to avoid using my vulnerabilities against me."
- "I want to take breaks when I start feeling overly emotional."

### Physical/Time Boundaries

- "I will visit on weekends, but I need my weekday to focus on my own family and work."
- "I can't attend every family gathering, but I will make time for the ones that are most important."
- "If the conversation becomes disrespectful, I will leave or take a break."



## 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:

*My friend often disregards my personal space and privacy by reading messages on my phone without permission. She'll make comments like, 'I just wanted to see what you're up to' or 'What's the big deal? We're close friends.' This typically happens when we're out together, and it leaves me feeling exposed, uncomfortable, and disrespected.*

### Boundary I will set:

*I will let my friend know that I value my privacy and prefer to keep my phone and messages private. I'll explain that it's important to me to feel secure when we're together and that reading my messages without permission crosses a boundary. I will kindly but firmly ask her not to look at my phone without asking.*

### Any potential challenges:

- *Pushback or Justification – Your friend might dismiss your boundary as "not a big deal."*
- *Repeated Behavior – Your friend may continue to check your phone despite your request.*
- *Guilt or Self-Doubt – You may feel guilty or wonder if you're overreacting.*
- *Fear of Conflict – You might worry that setting this boundary could lead to tension.*

### How I will handle these challenges:

- *Pushback or Justification – I'll calmly reaffirm my boundary and explain that my privacy is important to me.*
- *Repeated Behavior – I'll remind my friend each time it happens and be consistent in enforcing the boundary.*
- *Guilt or Self-Doubt – I'll remind myself that setting boundaries is healthy and necessary for my well-being.*
- *Fear of Conflict – I'll focus on staying calm and assertive, understanding that respectful friends will respect my boundary.*



## PART 3: Develop Strategies for Maintaining Boundaries

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

**Situation:**

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**Boundary I will set:**

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**Any potential challenges:**

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**How I will handle these challenges:**

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# 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.

