

Healthy Boundaries In Relationships Worksheet

Client Name: _____

Date: _____

Instructions: This worksheet is designed to help you explore and establish healthy boundaries in your relationships. Please take your time to reflect on each section and provide honest responses. Your healthcare practitioner is here to support and guide you through this process.

Self-Assessment

a. Reflect on your current relationships (personal, professional, romantic). What boundaries do you currently have in place?

b. Are there any specific situations or people where you feel your boundaries are being violated or challenged?

c. How do you feel when your boundaries are not respected?

Types of Boundaries

a. Define the different types of boundaries: physical, emotional, and time. Provide examples of each in your life.

b. Are there any boundaries you feel are particularly challenging to set or maintain?

Setting Boundaries

a. Identify one relationship where you would like to establish healthier boundaries. Describe the relationship and the specific boundaries you would like to set.

b. What steps can you take to communicate these boundaries assertively yet respectfully to the other person?

Communication Skills

a. List three effective communication skills you can use to express your boundaries clearly and calmly.

b. How can you practice active listening and empathy when someone else communicates their boundaries to you?

Boundary Violation Scenarios

a. Describe a recent situation where your boundaries were violated or challenged. How did you handle it? What could you have done differently?

b. Imagine a scenario where someone is not respecting your boundaries. Role-play how you would assertively respond.

Self-Care

a. List three self-care practices you can incorporate into your daily routine to support your well-being when maintaining boundaries.

Progress Tracking

a. How will you track your progress in setting and maintaining healthier boundaries in your relationships?

b. What potential obstacles or challenges might you encounter, and how can you overcome them?

Personal Goals

a. What are your goals for improving your relationship boundaries over the next month? Be specific and realistic.

b. How will you celebrate your achievements in setting and maintaining healthy boundaries?