

Setting Boundaries With Parents Worksheet

Patient Name:

Date:

Introduction

This worksheet is designed to help you establish clear and healthy boundaries in your relationship with your parents. By defining these boundaries, you can improve communication and reduce conflicts within your family dynamic.

Self-Reflection

1. What are some positive aspects of your relationship with your parents?

2. What challenges or issues have you encountered in your relationship with your parents?

3. How do you feel about the current state of your relationship with your parents?

Identifying Your Needs

List your needs and wants in your relationship with your parents.

Communication Strategies

Consider the following communication strategies:

1. Use "I" statements to express your feelings and needs.
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2. Choose an appropriate time and place for discussions.
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3. Be an active listener, and encourage your parents to do the same.
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Setting Boundaries

List specific boundaries you want to establish with your parents:

Boundary Implementation

Outline practical steps for implementing these boundaries:

Regular Reflection

Commit to regularly reflecting on your progress in maintaining these boundaries. Note any adjustments or challenges:

Additional Resources

Consider seeking additional resources for guidance on improving your relationship with your parents and setting boundaries effectively: