

Boundaries

Identify your limits, communicate them clearly, and protect your peace.

Healthy boundaries help protect your time, energy, and emotional well-being. This worksheet can help you notice where your limits are getting crossed and what you want to do differently.

Where do I need stronger boundaries?

- Work or school expectations
- Family responsibilities
- Friendships
- Dating or romantic relationships
- Technology / availability
- Emotional labor / always being the helper

What happens when my boundaries are unclear?

How do I usually feel?

What do I usually do?

Name the boundary

The boundary I want to set is:

Why this boundary matters to me:

Practice saying it clearly

A simple way I can communicate this boundary is:

Hold the line

If I feel guilty or get pushback, I want to remember:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.