

# HEALTHY BOUNDARIES WORKSHEET

Use this worksheet to identify and establish healthy boundaries in your life.

## STEP 1: IDENTIFY YOUR BOUNDARY NEEDS

What situations make you feel uncomfortable, stressed, or resentful?

---

---

---

---

## STEP 2: CATEGORIZE YOUR BOUNDARIES

Family: 

---

Work: 

---

Friends: 

---

Personal: 

---

## STEP 3: CRAFT YOUR BOUNDARY STATEMENTS

For each boundary need, write a clear statement using "I" language:

*Example: "I need uninterrupted time to work between 9-11am."*

---

---

---

---

---

## STEP 4: PLAN FOR IMPLEMENTATION

How will you communicate these boundaries? Who needs to know?

---

---

---

What might make it difficult to maintain these boundaries? How will you handle this?

---

---

---