

Therapeutic Worksheet: Exploring Boundaries

Instructions

Take some quiet time to reflect on the following questions. Write down your thoughts and feelings to gain insights into your boundaries within your relationships.

Identify Your Personal Boundaries	<ul style="list-style-type: none">• What are your comfort zones in various aspects of your life?• Are there specific behaviors or actions that make you feel uncomfortable or violated?
Reflect on Emotional Boundaries	<ul style="list-style-type: none">• How do you express and manage your emotions in relationships?• Are there instances where you feel your emotional boundaries have been crossed?
Evaluate Communication Styles	<ul style="list-style-type: none">• What is your preferred communication style?• Do you feel heard and respected in your communication with others?
Recognize Healthy vs. Unhealthy Boundaries	<ul style="list-style-type: none">• What, for you, constitutes a healthy boundary in a relationship?• Can you identify instances where your boundaries might have been compromised?
Explore Setting and Enforcing Boundaries	<ul style="list-style-type: none">• How comfortable are you in setting and communicating your boundaries to others?• Are there challenges you face in enforcing your boundaries?

Use these questions as a starting point for self-reflection on boundaries. If needed, a life coach can guide you through this process, providing support to empower you in setting and enforcing boundaries for your well-being.