



Exploring Personal Boundaries Worksheet

Personal boundaries are the limits you place around your body, thoughts, emotions, and behaviors to stay physically and mentally healthy and content with who you are. Boundaries can also be set around your energy, time, personal space, sexuality, morals and ethics, finances, and use of social media. They can be set with family, friends, romantic partners, co-workers, and strangers.

Please answer the following questions which will help you to explore your boundaries.

1) What does personal space mean to you, and how do you prefer it to be respected in different situations?

2) What are your most important boundaries?

3) Have there been instances where you've had to re-evaluate or modify your boundaries? What prompted this change?

4) How do you communicate your boundaries effectively without feeling guilty or confrontational?

5) In what circumstances do you find it challenging to assert your boundaries, and why?

6) Can you identify any red flags or warning signs that indicate someone might be disregarding your boundaries?

7) Can you share an example of a time when someone crossed your boundaries? How did you handle the situation?

8) How do you differentiate between healthy compromise and compromising your boundaries?

9) How do you recognize and respect the boundaries of other people?

References

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