



Worksheet

Setting Boundaries

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Worksheet

Personal boundaries are the limits and rules we set in a relationship to define what is acceptable, and what is not. Boundaries are influenced by our values and culture. Boundaries—which can be porous, healthy, or rigid—may differ from relationship to relationship.

The purpose of this worksheet is to:

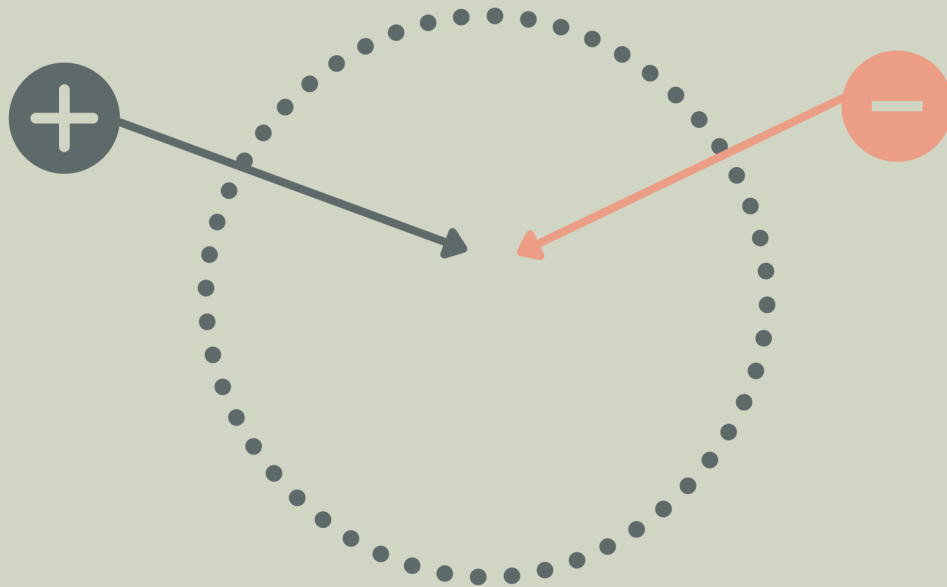
- To introduce you to the differences between different boundary types
- To help you understand healthy boundaries
- To help you identify how you can create healthy boundaries to form close, safe, and trusting relationships while remaining true to your own values and needs

Instructions

On the next page, you will find three (3) Boundary Styles.

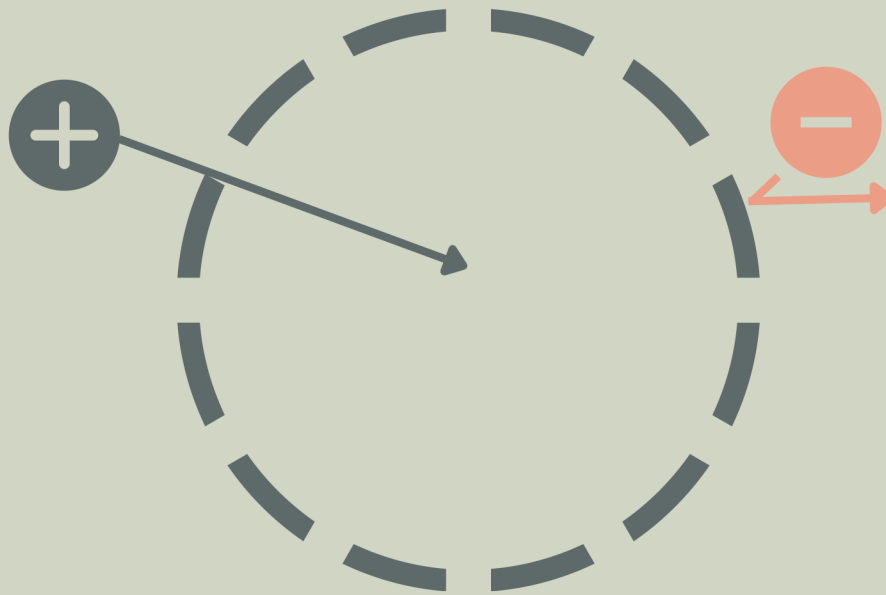
In the space provided, think about a person, or a group of people, with whom you struggle to set healthy boundaries. In your relationship with the people who have listed, identify which Boundary Style(s) you are using.

Boundary Style 1: Porous Boundaries



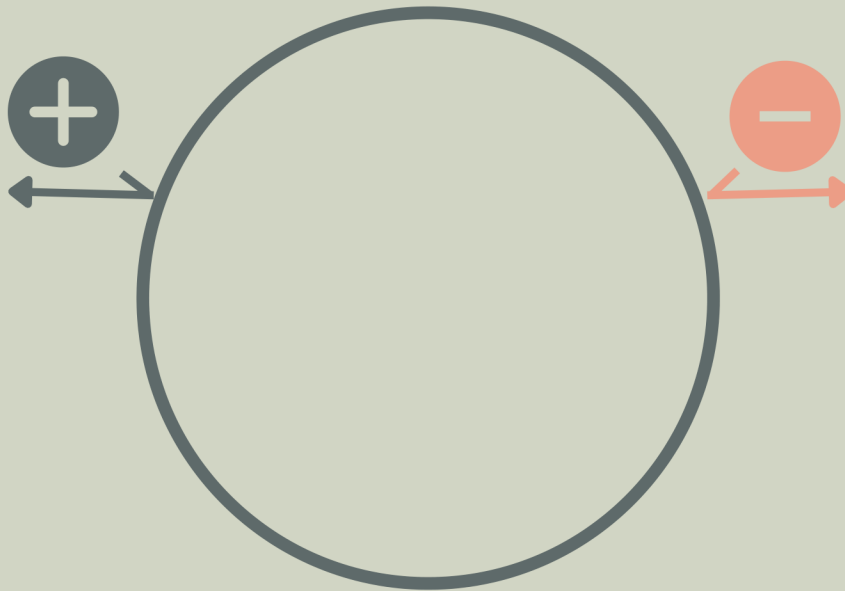
- Let's almost anyone get close to them
- Overly trusting of others, even strangers
- Overshares personal information
- Has difficulty saying "no" to others
- Overly involved in others' problems
- Quick to adopt others' opinions
- Avoids conflict by giving in to others
- Does not assert personal values
- Communicates passively

Boundary Style 2: Healthy Boundaries



- Selective about whom to let in and keep out
- Takes time to build trust with others
- Shares personal information appropriately
- Able to say “no” when needed
- Supports others without being too involved
- Values both own and others’ opinions
- Accepts conflict as a normal part of life
- Stands by personal values, but can adapt
- Communicates assertively

Boundary Style 3: Rigid Boundaries



- Keeps most people at a distance
- Very untrusting of others
- Very guarded with personal information
- Says “no” to others most of the time
- Detached from others’ problems
- Tends to ignore others’ opinions
- Avoids conflict by pushing others away
- Has inflexible personal values
- Communicates aggressively

Boundary Exploration

Think about a person, or a group of people, with whom you struggle to set healthy boundaries. (For example: your partner or co-workers.) This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there's some other problem that isn't so easily labeled.

Who do you struggle to set healthy boundaries with?

In your relationship with the person you listed above, how are your boundaries with this person? Are they too rigid, too porous, or a combination?

Take a moment to imagine what it would be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they're porous, it might mean setting limits and saying 'no' when you don't want to do something.

What are some specific actions you can take to improve your boundaries?

How do you think the other person will respond to these changes?

How do you think your life will be different once you've established healthy boundaries?