

Healthy Boundaries

Who do you struggle to set healthy boundaries with? _____

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				
Emotional Boundaries				
Sexual Boundaries				
Material Boundaries				
Time Boundaries				

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? _____