

# Healthy Boundaries

What does the term "boundaries" mean to you?

What are some of your personal values and beliefs related to boundaries?

Reflect on your past experiences with setting and maintaining boundaries.  
What worked well and what didn't?

What are some of the benefits of setting healthy boundaries in your relationships  
with others?

What are some of the areas in your life where you may need to establish boundaries  
(e.g., personal space, time management, communication, emotional intimacy)?