

Name: _____ Date: _____

Boundaries for Teens

Think about a person, or a group of people, with whom you struggle to set healthy boundaries.

Who do you struggle to set healthy boundaries with?

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How are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

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?

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

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

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