

Name: _____ Date: _____

Setting Personal Boundaries

Who do I struggle to set
boundaries with?

Type of boundaries I struggle to
set with this person:

<input type="checkbox"/> emotional	<input type="checkbox"/> time
<input type="checkbox"/> physical	<input type="checkbox"/> spiritual
<input type="checkbox"/> financial	<input type="checkbox"/> other _____

What am I afraid will happen if I set boundaries with this person?

In what ways is not setting boundaries affecting me?

How would I feel if I set healthy boundaries?

How do I think the other person react to these boundaries?

An affirmation that gives me courage:

