SETTING BOUNDARIES WORKSHEET

In the table given below, write down some of the healthy boundaries in your relationship and think of ways in which you can improve them further. In the next table, recall and write down the unhealthy boundaries o your relationship. Mention the ways in which you can replace them with healthy boundaries.

Healthy Boundaries in My Relationship	Ways to Improve Them

Unhealthy Boundaries in My Relationship	Ways to Replace them with Healthy Ones