

Name: _____ Date: _____

HEALTHY BOUNDARIES

Who do I struggle to set boundaries with?

Type of boundaries I struggle to set with this person:

- emotional spiritual time
 financial physical 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?

In what ways is not setting boundaries affecting me?

An affirmation that gives me courage: