

Name:

Date:

HEALTHY BOUNDARIES

Answer each question.

What are 3 examples of what you consider to be an overstepping of your personal boundaries?

How do you feel you do with handling situations where your boundaries are overstepped?

What do you typically do when you feel your boundaries have been violated?

How do you feel you do with asserting your personal boundary to others?

What do you feel is the key to having your boundary honored by others?

What do you feel is the key to asserting your personal boundary?