

Boundaries Worksheets for Youth

Name	Date
<p>Write down your needs when it comes to setting boundaries with others</p>	
<p>Are there people in your life with whom you want to set boundaries? What types of situations have led you to want this? Try and be as specific as possible.</p>	
<p>Boundaries are important and, if you feel up to it, it can be a good idea to communicate these to your friends and family. What are some ways you can discuss your boundaries with the people in your life?</p>	
<p>Sometimes you will find yourself in a situation where someone repeatedly crosses your boundaries. These situations can be difficult, but it's important to remember that being assertive and firm is an important aspect of self-care. What are some ways that you can stand up for yourself when your boundaries are being crossed?</p>	