

# Setting Boundaries Worksheet

|   |      |
|---|------|
| Name  | Date |
| <b>Situation</b> - describe what happened when you overstepped a boundary                   |      |
| <b>Thoughts</b> - what was going through your mind when this happened?                      |      |
| <b>Emotions</b> - how did you feel when this happened?                                      |      |
| <b>Body</b> - how did your body react when this occurred - what was your physical reaction? |      |
| <b>Consequence</b> - what happened afterward?   |      |

|   |      |
|---|------|
| Name  | Date |
| <b>Creating boundaries</b>  |      |
| List 5 ways to create a boundary to prevent this from occurring next time |      |
| What is a challenge to enforcing these boundaries?                        |      |
| How can you overcome these challenges?                                    |      |
| What have you learned from this experience?                               |      |