



Boundary Worksheet

Use this worksheet to help you create and set a boundary with yourself (internal) or with someone else (external).

SITUATION

What pattern do you want to change? What kind of pressure is being put on you? What went wrong?

FEELINGS

How do you feel about this situation? (Use the Quick Emotional Analysis Worksheet if needed.)

ACCOUNTABILITY

Have you perpetuated this situation? What/who have you been prioritizing instead of your wellbeing?

IMPACT

How would it impact you if you did NOT set a boundary? How would you expect to feel?

MOTIVE

Why is it important to change this pattern/situation? How might a boundary help you?

INTERNAL BOUNDARY

What boundary will you set with yourself?

EXTERNAL BOUNDARY

What boundary will you set with someone?

OUTCOME

What outcome are you expecting? What are you hoping for? Do you need to adjust your expectations?



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INTERNAL BOUNDARY FORMULA:

When X happens, I will do Y

I will do X in order to maintain Y

INTERNAL BOUNDARY EXAMPLES:

- ★ "When I get tired, I will go to bed."
- ★ "If I feel cranky, I will make sure my physical needs are met first."
- ★ "I will exercise 4 days per week because I feel better when I do."
- ★ "I will allow myself to feel angry when I need to, even though I don't like it."
- ★ "I will only spend 45 minutes on social media per day."

EXTERNAL BOUNDARY FORMULA:

If you do X, I will do Y

I am not okay with X

I need X to happen

EXTERNAL BOUNDARY EXAMPLES:

- ★ "I need X to change in order to be comfortable in this relationship."
- ★ "That doesn't work for me."
- ★ "I'm unable to do X this time/going forward. I know you'll be able to figure it out."
- ★ "This subject is too stressful for me, let's talk about something else."
- ★ "I need you to let me finish my sentence."
- ★ "Please keep your distance."

EXTERNAL BOUNDARY SOFTENERS:

- ★ "I know I've been able to help out in the past, but..."
- ★ "I feel uncomfortable bringing this up, but..."
- ★ "I don't have the emotional space to be able to do X..."
- ★ "I would feel a lot better if..."
- ★ "I need to set a boundary about X."
- ★ "I need to clarify my feelings about X."