

Boundary Clarification Worksheet

Understanding, Setting, and Honoring Healthy Boundaries

What are boundaries?

Boundaries are limits we set to protect our time, energy, body, emotions, and values. They help us define *what's okay* and *what's not okay* in our relationships—with others and with ourselves.

Healthy boundaries are essential. They help prevent relapse, reduce resentment, and build healthier connections.

Step 1: Boundary Basics

1. In your own words, what is a boundary?

2. What happens when you *don't* set healthy boundaries?

(Emotionally? Physically? In relationships?)

Step 2: Types of Boundaries

Check any boundary areas where you struggle or want to grow:

Boundary Type	Examples	✓
Emotional	Saying “no” to emotional dumping or manipulation	☐
Physical	Needing personal space or not wanting to be touched	☐
Time	Not overcommitting; protecting downtime	☐
Sexual	Communicating comfort, consent, or limits	☐
Material	Lending money, sharing possessions	☐
Mental/Values	Respecting opinions or beliefs	☐

Step 3: Red Flags

What are 2–3 signs that someone is crossing your boundaries?

(E.g. You feel drained, angry, guilty, anxious...)

1.

2.

3.

How do you usually react when this happens?

(E.g. Stay silent? People-please? Lash out?)

Step 4: Setting Boundaries

Pick one situation where you need a boundary.

Describe it briefly:

What do you want to say or do to set that boundary?

(Example: “I’m not available for late-night calls anymore.”)

What’s the fear or challenge in setting it?

(E.g. fear of rejection, guilt, conflict...)

What will change if you set this boundary?

Step 5: Your Boundary Affirmations

Use or rewrite these to help yourself build strength:

- “I have the right to protect my peace.”
 - “Saying no is an act of self-respect.”
 - “I am not responsible for other people’s reactions.”
 - “Boundaries create space for healthy connection.”
 - “It’s okay to disappoint others if I’m staying true to myself.”
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Final Reflection

What’s one boundary you’re proud of setting—or ready to try?

Who can support you in keeping it?
