

W O R K S H E E T

A BEGINNER'S GUIDE
TO SETTING
HEALTHY
BOUNDARIES



WORKSHEET

You're ready to start creating healthy personal boundaries in your life. Congratulations! This is a big step! First, use these questions to help you think about and apply the principles in your life to put those essential healthy boundaries in place. You can also download and read through the accompanying eBook.

1. What are personal boundaries?
2. How do you already use personal boundaries in your day-to-day life?
3. What are the main types of personal boundaries?
4. Which personal boundary do you feel you may be too loose with? Which ones might you be too rigid with?

5. Write three or four examples of things you could say to establish healthy personal boundaries.

6. Why do you think healthy personal boundaries are essential?

7. What are some reasons why your boundaries are too loose or too rigid?

8. Consider which relationships you have a hard time setting personal boundaries with. How do you think establishing some personal boundaries could strengthen those relationships?

9. Why is communication so important for setting personal boundaries?

10. Can healthy personal boundaries change over time? Why or why not?

11. How will you start establishing healthy personal boundaries in your life?