

# WHAT ARE BOUNDARIES?

**Take a moment to reflect on the concept of boundaries in your life, considering how you currently define or perceive them. Share your existing descriptions or thoughts about boundaries, exploring instances where you've felt the need for them or encountered challenges related to their establishment. Use the blank lines provided to jot down your additional thoughts and ideas regarding boundaries, focusing on situations, feelings, or principles that come to mind.**

## Understanding Boundaries: Definitions and Concepts

Boundaries have different meanings for everyone. Here are some examples of how they can be defined:

- Expectations and requirements that establish safety and comfort within relationships.
- Methods to clearly communicate your needs to others through words and actions.
- Limits that you set with yourself and others.
- The ability to confidently express agreement or disagreement.
- Safeguarding your emotional, physical, and mental wellbeing.
- Delineating personal and others' space.
- A crucial component of self-care.
- Tools to define roles and responsibilities in relationships.
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### ***Process Questions:***

- - How would you define a boundary?
- - What do boundaries mean to you?
- - Do you have boundaries in your life? Too many? Too few?

# DO YOU NEED HEALTHIER BOUNDARIES?

The following are all signs that you may need to set healthier boundaries:

- |  |   |
|--|---|
| <input type="checkbox"/> Stretching yourself too thin  | <input type="checkbox"/> Granting others the authority to decide on your behalf                                   |
| <input type="checkbox"/> Justifying the inappropriate behavior of others   | <input type="checkbox"/> Absorbing the problems or emotions of others as if they are your own                     |
| <input type="checkbox"/> Engaging in one-sided relationships   | <input type="checkbox"/> Pretending not to be affected by certain situations                                      |
| <input type="checkbox"/> Extending financial help when it's not feasible   | <input type="checkbox"/> Avoiding actions that might disrupt the status quo                                       |
| <input type="checkbox"/> Agreeing to commitments you'd rather decline  | <input type="checkbox"/> Convincing yourself that you're "too sensitive," engaging in self-gaslighting            |
| <input type="checkbox"/> Worrying about others' reactions if you express a negative response                             | <input type="checkbox"/> Taking responsibility for the actions of others  |
| <input type="checkbox"/> Prioritizing others' needs over your own  | <input type="checkbox"/> Assuming blame for most situations   |
| <input type="checkbox"/> Doing tasks for people instead of empowering them to do it themselves                           | <input type="checkbox"/> Failing to hold others accountable for actions that cause you distress                   |
| <input type="checkbox"/> Consistently running late to events   | <input type="checkbox"/> Undertaking tasks out of a sense of obligation   |
| <input type="checkbox"/> Apologizing for your emotions or for setting boundaries   | <input type="checkbox"/> Striving to meet everyone's expectations   |
| <input type="checkbox"/> Accepting mistreatment in any form  | <input type="checkbox"/> Always playing the role of the helper, never allowing yourself to be assisted            |
| <input type="checkbox"/> Struggling to decline requests  | <input type="checkbox"/> Struggling to ask for assistance   |
| <input type="checkbox"/> Experiencing a lack of emotional boundaries, leading to enmeshment                              | <input type="checkbox"/> Rescuing others from their challenges  |
| <input type="checkbox"/> Seeking validation through people-pleasing  | <input type="checkbox"/> Neglecting your own well-being   |
| <input type="checkbox"/> Relying heavily on external feedback  | <input type="checkbox"/> Consistently arriving at work early (or staying late), even when not explicitly required |
| <input type="checkbox"/> Facing an overwhelming fear of rejection  | <input type="checkbox"/> Expecting others to intuitively understand your needs                                    |
| <input type="checkbox"/> Engaging in sexual activities that make you uncomfortable (or pressuring others to do the same) | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Taking on more responsibilities than you can reasonably manage                                  | _____   |