

Boundaries: Where to begin?

Areas of Your Life:

Rate how comfortable you feel in each area. 1 = No boundaries at all, 5 = strong boundaries.

Work/Career:	1	2	3	4	5
Family:	1	2	3	4	5
Friendships:	1	2	3	4	5
Partner:	1	2	3	4	5
Social Media:	1	2	3	4	5

Which area of your life feels the hardest to set a boundary in? And which one feels the easiest or most natural?

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Type of Boundaries

Rate how comfortable you feel in each area. 1 = No boundaries at all, 5 = strong boundaries. Please see Types of Boundaries page.

Psychological	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>
Emotional:	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>
Physical:	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>
Time:	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>
Relationship:	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>

Which kind of boundary feels the most uncomfortable for you to set? Which one feels a little easier or more natural to hold?

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Taking the area of your life (work, family, etc.) that feels the easiest with the kind of boundary (emotional, time, etc) that feels easier to hold, you have your starting point.

Using your starting point, write down a typical scenario that would occur. Be specific with where, who is involved, what is the ask and what you would say instead of yes.

Practice and visualize this scenario until you have it down. Visualizing helps you to remember what you want to do versus automatically saying yes.