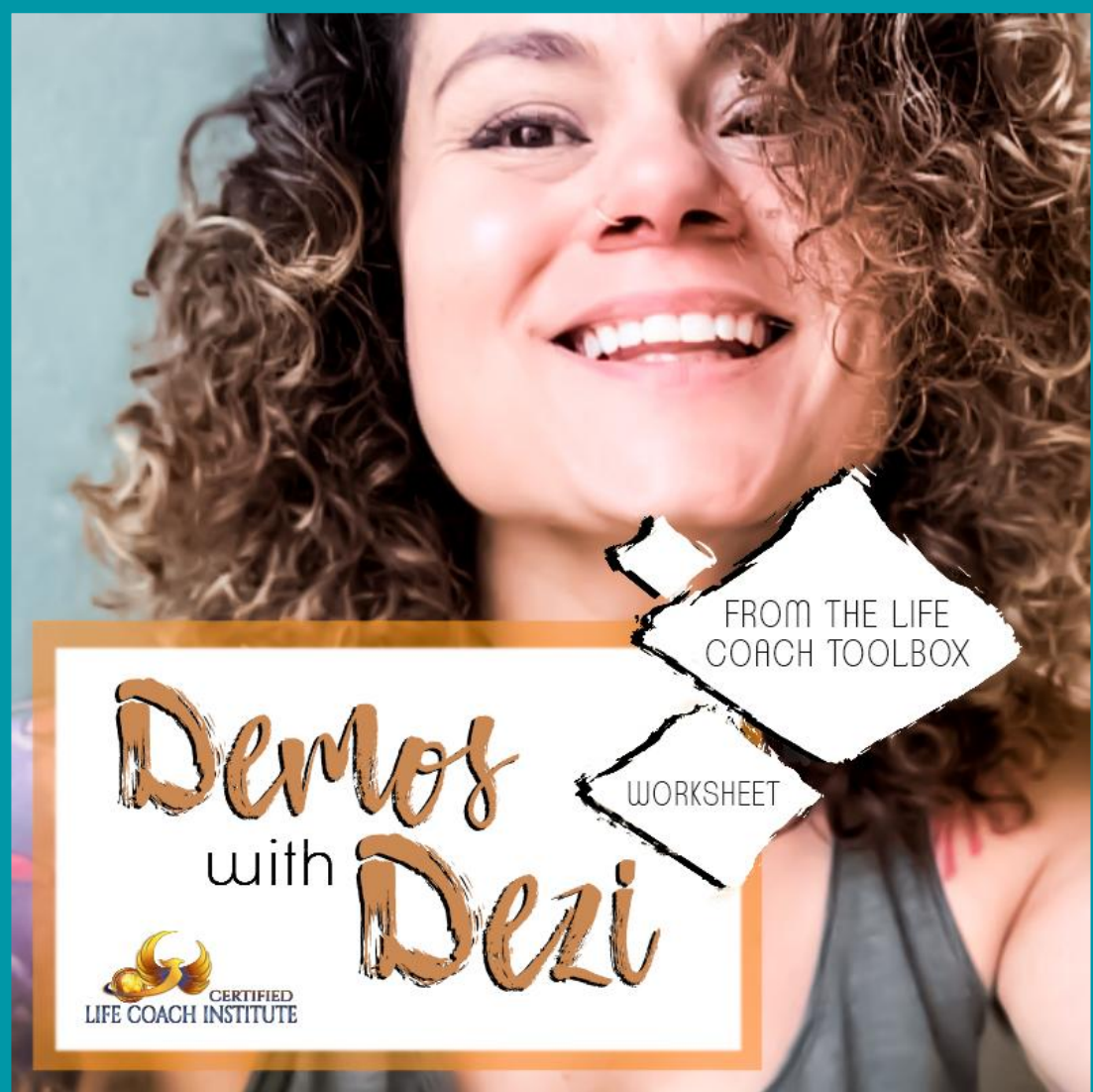


Explore
Discover
Define



Boundaries

Boundaries

Explore, Discover, Define

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others. - Brene Brown

Personal boundaries are limits set to create a space between ourselves and others; limits we expect others to respect in their relationships with us. A yes or no statement that we express to keep ourselves in alignment with our core beliefs

When we feel out of alignment with our beliefs our boundaries are being crossed. This may present in many ways, for example:

Our clients or ourselves may feel:

- Taken advantage of
- Hypersensitive
- A sense of avoidance
- Detachment or disassociation
- Extremely attached very quickly
- That they are unimportant
- That they can't say no
- That they don't get what they want

Boundaries can be loose, rigid, rubbery or firm, fair & flexible. They can occur in the following areas of our belief system; physical, emotional, spiritual, sexual, financial, material & time. Fear & guilt often keep us from setting them. Let's explore how your boundaries.

Sometimes when we don't feel right about a situation but we aren't sure why it's because we have internal boundaries, and we have been told that they aren't important. Or because we have been influenced by others in our lives. A few questions to help navigate through these often murky waters are as follows:

- How much of this is true about me?
- How much of this is about the other person?
- What do I need to do (if anything) to regain my personal power or stand up for myself?

The following worksheet will help you & your clients explore, discover & define their boundaries & how to keep them firm, fair & flexible.



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Boundaries

Explore, Discover, Define

Explore

Fill the table in based on how true each statement below is **for you**.

		MOSTLY FALSE	ALWAYS FALSE	NEUTRAL	MOSTLY TRUE	ALWAYS TRUE
Independence	My life is enriched by independent respectful relationships					
Gratitude	I operate from a sense of gratitude & have no expectation except for in what I work for.					
Honesty	I share my truth with the world in a respectful manner even when others may disagree.					
Emotional Intelligence	I am responsible for my feelings & actions & no one else's. Just as the feelings & actions of others are not my responsibility.					
Resilience	I am able to face challenges & bounce back when things are tough.					
Work Ethic	I am a productive, helpful & hardworking erson.					
Strength	I am firm but fair & I know that my relationships are stronger because of my ability to be so.					
Voice	I deserve to be heard & so does everyone else. I am able to say no, even iff it may not be what others want to hear.					
Esteem	I am a beautiful human being. & I am perfect as I am					
Value	Me & my input us valuable and that value does not change because of the opinions of others.					
Freedom	I am capable of & have the power to making my own choices					
Confidence	I celebrate the talents of others & enjoy watching others excel.					
Self Care	I love myself & make time for the things I need to excel & be happy.					
Time	Time is a commodity we cannot get back, My time is as valuable as anyone else's & is treated with respect.					
Abundance	I work hard for the tings in my life. I have the right to decide what to do with the things I have earned.					

Boundaries

Explore, Discover, Define

Discover

Go back to the previous page and turn the diagram sideways. This is a great visual for how your boundaries & beliefs are aligning. The areas that are full are ones in which your boundaries likely do not need strengthening. The areas that are empty are likely areas that require you to firm up some boundaries. Think of real life experiences & fill out the table below

My boundaries...

are solid here	They are solid because I	need strengthening here	I can strengthen them by

Boundaries

Explore, Discover, Define

Define

People may not _____

I have a right to ask for _____

To protect my _____ it's ok to _____

My _____ has value & I have the right to _____ to protect it.

I do not have to tolerate _____ if it makes me feel _____

I am not required to _____ it makes me feel _____

Use kindness, candor to say no confidently

I feel _____ (emotion) when _____ (situation)

because _____ (value)

What I need is to _____ (goal)
to make this right for me.

When this is happening I will immediately

_____ (action step)

I can stop this from happening in the future by

_____ (action step)

If it happens in the future, I will

_____ (accountability)

