

# W O R K S H E E T

## A BEGINNER'S GUIDE TO SETTING **HEALTHY** ***BOUNDARIES***



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## WORKSHEET

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

1. What are personal boundaries?
2. What are some ways that you already use personal boundaries in your day-to-day life?
3. What are the main types of personal boundaries?

4. Which type of personal boundary do you feel that 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 of your own.

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

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

8. Consider which relationships you have a hard time setting personal boundaries with. How do you think that 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?