

VISUALIZING YOUR BOUNDARIES

Boundaries are the limits we set for ourselves in our relationships with others. Setting boundaries is essential for healthy relationships. However, our boundaries can be difficult to define and can change over time.

Use this worksheet to help visualize and define your boundaries. This will help you clarify where you need to set limits with people/situations in your life.

REFLECTION

Take some time to reflect on current situations in your life. Get started by answering the following questions:

What is causing me stress or discomfort right now?

What do I look forward to each day?

What do I dread each day?

Who or what gives me energy?

Who or what drains my energy?

Who or what makes me feel safe, supported and valued?

Who or what makes me feel unsafe, unsupported and devalued?

“INSIDE AND OUTSIDE OF THE CIRCLE”

On a separate sheet of paper, draw a circle. INSIDE the circle list everything that makes you feel stress free.

OUTSIDE of the circle write down anything or anyone that makes you feel stressed, uncomfortable or unsafe. These are people or situations that are pushing your boundaries and need attention.

Reflect on your findings. Allow yourself to be open to what comes up for you. Can you notice any patterns among the things “outside” of the circle? Is there a common theme of things that need your attention? How can you begin to modify or adjust your boundaries in your life to allow you to feel more empowered?

For more resources and assistance with boundaries and empowerment visit:

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