

# Guided Worksheet for Setting and Enforcing Healthy Boundaries

*Instructions: Use this worksheet to identify, set, and maintain healthy boundaries in different areas of your life.*

Fill in each section thoughtfully and revisit as needed.

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## Step 1: Identify Your Boundary Needs

**Which areas of my life need stronger boundaries?**

(Check all that apply and describe why.)

- \_\_\_\_\_

**What specific boundary do I need to set in this area?**

- \_\_\_\_\_
- \_\_\_\_\_

**Why is this boundary important to me?**

- \_\_\_\_\_
- \_\_\_\_\_

# Step 2: Communicating My Boundaries

How can I clearly express this boundary to others?

(Examples: "I need to leave work at 6 PM every day," "I am not comfortable discussing this topic.")

- \_\_\_\_\_

## Practice Scripts:

Write down how you will communicate this boundary in a confident and respectful way.

- Situation: \_\_\_\_\_
- My Response: \_\_\_\_\_
- Situation: \_\_\_\_\_
- My Response: \_\_\_\_\_

.....

## Step 3: Handling Pushback & Enforcing Boundaries

**What might happen if someone challenges my boundary?** (*Examples: They might guilt-trip me, ignore it, push back.*)

- \_\_\_\_\_

How will I respond if my boundary is not respected?

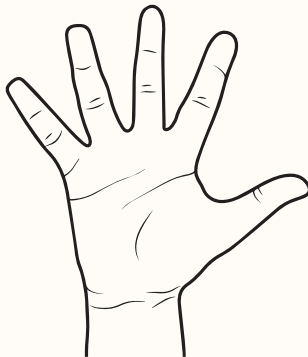
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### **Self-Reminder:**

(Write a personal affirmation to remind yourself that enforcing boundaries is an act of self-care.)

- \_\_\_\_\_

- \_\_\_\_\_



## Step 4: Self-Reflection & Adjustments

How do I feel after setting this boundary?

- \_\_\_\_\_

Have I noticed any changes in my well-being since setting this boundary?

- \_\_\_\_\_

Do I need to adjust or reinforce this boundary?  
Why or why not?

- \_\_\_\_\_

- \_\_\_\_\_

### Final Thought:

Setting boundaries is an ongoing process.

Give yourself permission to stand firm and honor your needs. You deserve respect and peace. ♡