

The Middle Girls Women's Boundaries Worksheet

Establishing and communicating boundaries is a crucial aspect of maintaining healthy relationships and promoting personal well-being. This worksheet is designed to help you identify, articulate, and communicate your boundaries effectively.

Section 1: Self-Reflection

1. Personal Values:

List your core values. (e.g., respect, honesty, autonomy)

How do these values contribute to your sense of self?

2. Reflecting on Boundaries:

What does the concept of "boundaries" mean to you?

How have boundaries played a role in your past relationships?

Section 2: Identifying Boundaries

1. Physical Boundaries:

What physical boundaries are important to you? (e.g., personal space, touch, privacy)

2. Emotional Boundaries:

Identify emotions that, when experienced, signal a need for a boundary. (e.g., anger, discomfort)

How do you typically express these emotions?

3. **Time and Energy Boundaries:**

Define your limits regarding time commitments and energy expenditure.

How do you prioritize self-care and personal time?

Section 3: Communicating Boundaries

1. **"I Statements":**

Practice using "I statements" to express your needs and boundaries. (e.g., "I feel uncomfortable when...")

2. **Setting Clear Expectations:**

How can you communicate your boundaries clearly and assertively?

Consider role-playing scenarios to practice boundary-setting.

Section 4: Boundaries in Different Relationships

1. **Family:**

What boundaries do you need to establish with family members?

How can you communicate these boundaries respectfully?

2. **Friendships:**

Identify specific boundaries you want to maintain in your friendships.

How do you handle conflicts related to boundaries in friendships?

3. Romantic Relationships:

List non-negotiable boundaries in romantic relationships.

How can you ensure that your boundaries are respected by your partner?

Section 5: Reassessing and Adjusting

1. Regular Self-Check:

Schedule regular check-ins with yourself to assess your boundaries.

Are there any changes or adjustments needed?

2. Feedback and Communication:

How open are you to receiving feedback about your boundaries?

How can you encourage open communication with others about boundaries?

Empowering yourself with the knowledge and practice of setting healthy boundaries is a continuous process. Regularly revisit this worksheet, adapt it to your evolving needs, and celebrate your progress in building and maintaining strong, respectful connections.

Learn more at TheMiddlegirls.com

