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Boundaries Evaluation

Boundaries are limits. Setting boundaries is the way we communicate what is okay and what is not okay in relationships. You can assert your boundaries in several different areas including time, communication, personal items, physical space, physical intimacy, personal information, and social media.

This worksheet will help you know and assert your boundaries.

Time Boundaries

What are you willing to spend your time on?

What things do you not want or need to spend your time on?

Communication Boundaries

How do you want people to communicate with you?

What communication are you okay with from others?

What communication are you not okay with from others?

Personal Items

To whom are you okay with giving or lending things to?

To whom are you not okay with giving or lending things to?

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What things are you okay with giving or lending?

What things are you not okay with giving or lending?

Physical Space

How much physical space do you want between yourself and others?

Who are you okay with touching?

What kind of physical touch are you okay with?

What kind of physical touch are you not okay with?

Physical Intimacy

What are your values when it comes to physical intimacy?

What are you okay with physically?

What are you not okay with physically?

Personal Information

With whom are you okay with sharing information?

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With whom are you not okay with sharing information?

What are you okay with sharing about yourself?

What information are you not okay with sharing about yourself?

Social Media

What social media platforms are you okay with?

What are you okay with posting on social media?

What are you okay with others posting about you on social media?

Remember: You have a right to say no. Meeting your needs will help you be an effective and healthy friend. Boundaries are a two way street. Be mindful of other people's boundaries as well. Setting boundaries is hard, give yourself credit for trying.

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