

humantold

Setting Specific Boundaries

This activity aims to identify specific boundaries wanted with a particular person or area of your life.

Pick one of these general types of boundaries or create a more specific boundary you would like to focus on for this activity:

- **Physical boundaries** involve feeling comfort in regards to personal space and touch.
- **Sexual boundaries** are the ways we engage physically, emotionally, and psychologically with sex and sexuality.
- **Intellectual boundaries** refer to your thoughts, beliefs and ideas including disagreeing.
- **Emotional boundaries** are when and what you share and express your feelings.
- **Material boundaries** have to do with your possessions (physically and financially).
- **Time boundaries** consist of how you manage your time towards needs and preferences.
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These are general areas to help you figure out what you aim to focus on for this activity:

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|--------------------------|----------------------|----------------|
| ● Family | ● Friendships | ● Spirituality |
| ● Intimate Relationships | ● Education/Career | ● Community |
| ● Children | ● Recreation/Hobbies | ● |
| | ● Health | _____ |

Chosen boundary: _____

Focusing on this person/area: _____

I have the following boundaries with _____:

I need the following boundaries with _____:

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What is your biggest challenge in setting boundaries with _____?

What boundaries does _____ have with you?

What boundary would you like _____ to honor?

What will you do to execute your boundary?

What are the consequences if the boundary is not honored?

If you feel discomfort before or after setting the boundary how will you tend to that?
