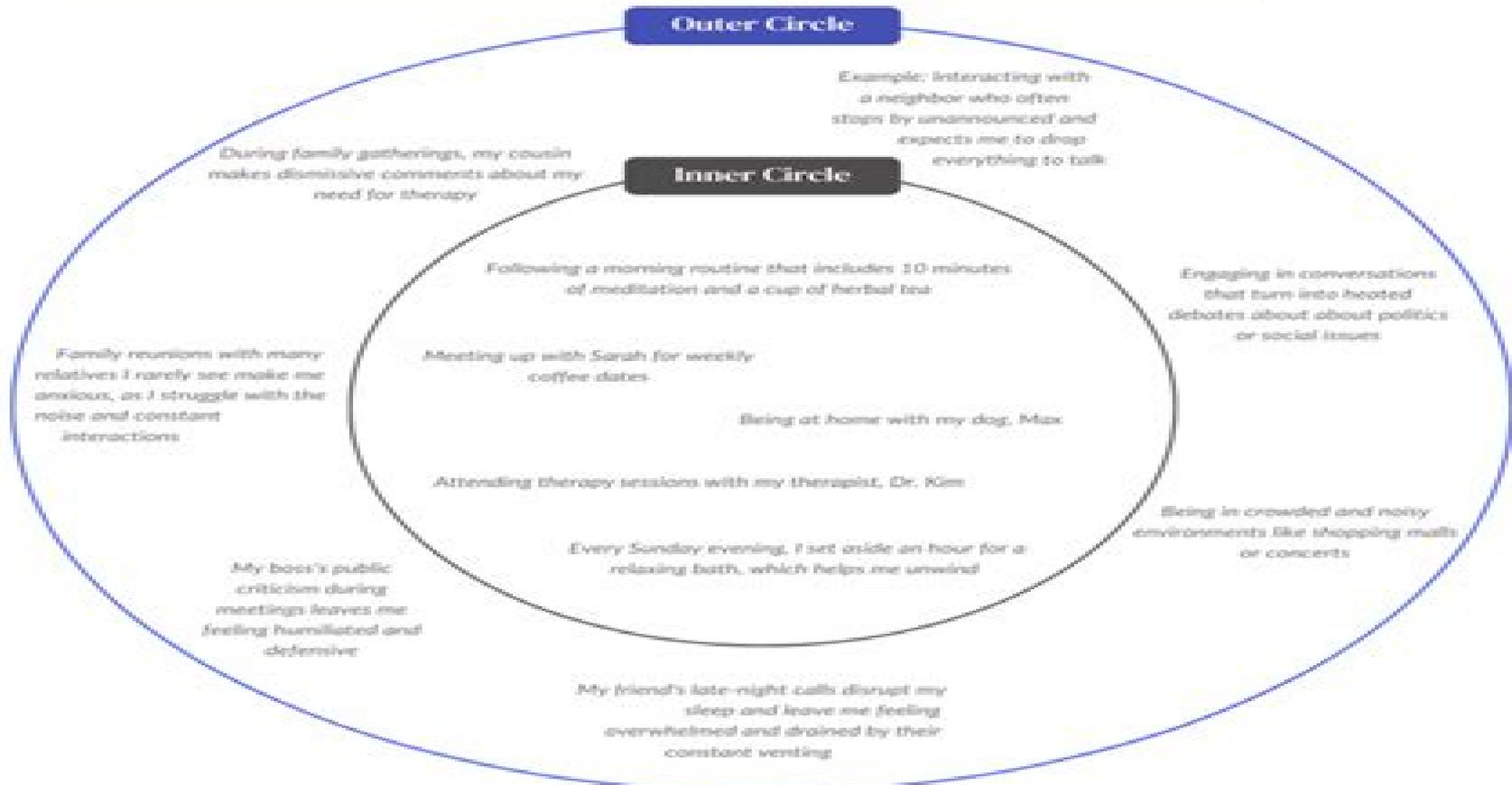


How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries in your relationships and daily life. When you establish clear limits on what behaviors you will accept from others, you reduce the likelihood of feeling overwhelmed, disrespected, or taken advantage of. Use this worksheet to explore your boundaries and develop strategies for maintaining them.

PART 1: Visualize Your Boundaries

Inside the circle, write everything that makes you feel relaxed and safe. On the 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 further attention.



*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



Writing Acrobatic Boundaries

Chao Zhang



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