

Boundary Exploration

Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there's some other problem that isn't so easily labeled.

1. Who do you struggle to set healthy boundaries with? (e.g. "my husband" or "co-workers")

2. In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				
Emotional Boundaries				
Sexual Boundaries				
Material Boundaries				
Time Boundaries				

Note: go to the Soulworks website and read Part 2 of Women's Boundaries Series to understand column and row titles at <https://www.soulworksessential.com/single-post/2019/01/21/The-Boundaries-Series---PART-2>

3. What are some specific actions you can take to improve your boundaries?

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4. How do you think the other person will respond to these changes?

5. How do you think your life will be different once you've established healthy boundaries?

The value of the Boundaries Exploration worksheet comes from the conversation it can prompt. If you are struggling to complete the sheet, or need additional help and advice, be sure to discuss boundaries with your therapist or contact Soulworks Essential Therapies to book a session – email soulworks@opel.com.au or contact online at <https://www.soulworksessential.com/contact-soulworks>.