



FaithWorks Counseling

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Boundary-Setting Workbook

This workbook is designed to help you understand, practice, and strengthen healthy boundaries. Setting boundaries is an essential part of self-care, emotional balance, and maintaining respectful relationships.

1. Understanding Boundaries

Boundaries are the limits and guidelines we set to protect our time, energy, and emotional well-being. They define what we are responsible for — and what belongs to others. Healthy boundaries are not selfish; they are an act of respect for both yourself and others.

Examples of healthy boundaries:

- ☐ Saying 'no' without guilt.
- ☐ Taking time for rest or self-care.
- ☐ Expressing your needs calmly and clearly.
- ☐ Limiting how much you take on for others.
- ☐ Protecting your emotional space from negativity or manipulation.

2. Values Clarification

Identifying what matters most to you will help you decide where to place boundaries. Boundaries protect what you value most.

Reflect on the following questions:

- ☐ What are the top three things that matter most in your life right now?

- ☐ What do you want to make more time for?

- ☐ When do you feel most at peace or fulfilled?

☐ What drains your energy the most?

☐ Which responsibilities are truly yours — and which belong to others?

3. Boundary Identification Worksheet

Use this worksheet to reflect on areas where boundaries are needed.

Fill in the blanks below:

Area of life: _____

Problem or stressor: _____

How this affects me: _____

Boundary I want to set: _____

What I will say or do: _____

How I will care for myself afterward: _____

4. DEAR MAN Practice Template

Use this script to practice assertive communication when setting boundaries.

D – Describe the situation factually.

E – Express how you feel using 'I' statements.

A – Assert your need or request clearly.

R – Reinforce by explaining the positive outcome.

M – Mindful: Stay focused and calm.

A – Appear confident in your tone and posture.

N – Negotiate if needed (find middle ground).

Example Practice:

D: _____

E: _____

A: _____

R: _____

M: _____

A: _____

N: _____

5. Managing Guilt and Emotional Resistance

It's normal to feel guilty or anxious when you first start setting boundaries. Guilt is not a sign you're doing something wrong — it's a sign of change.

Try these reminders:

- ☐ It's okay to take care of myself.
- ☐ Saying no can be an act of love and respect.
- ☐ I'm responsible for my choices, not others' reactions.
- ☐ Rest and balance make me stronger for the people I love.
- ☐ I can care without carrying everything.

6. Self-Care Contract

Create a simple self-care commitment to support your boundaries and prevent burnout.

I, _____, commit to the following self-care practices:

1. _____

2. _____

3. _____

Signature: _____ Date: _____

7. Reflection

Use this space to journal about your experiences setting boundaries:

What went well: _____

What was difficult: _____

How did I feel afterward: _____

What did I learn: _____