

Setting Boundaries: What I'm Okay With and What I'm Not

Understanding, Creating & Communicating Your Personal Limits

□ PART 1: WHAT ARE BOUNDARIES?

Boundaries are the invisible lines that define where you end and others begin. They are the rules and limits you create to show others how to treat you and what you're comfortable with.

ACTIVITY 1: BOUNDARY BASICS

Match each type of boundary with its description:

| Types of Boundaries | Descriptions |
|----------------------|---|
| Physical Boundaries | How you share your thoughts, opinions, and values |
| Emotional Boundaries | Your comfort with physical touch, personal space, and privacy |
| Digital Boundaries | Your time, energy, and how you choose to spend both |
| Time Boundaries | How you protect your feelings and emotional energy |
| Material Boundaries | How you manage your online presence and communication |
| Mental Boundaries | Your comfort with sharing your belongings and resources |

Examples from my life:

Write one example of each type of boundary from your own experience:

Physical:

Emotional:

Digital:

Time:

Material:

Mental:

PART 2: RECOGNIZING YOUR CURRENT BOUNDARIES

Before setting new boundaries, it helps to understand your current ones.

ACTIVITY 2: MY BOUNDARY METER

For each situation below, mark how you typically respond:

1. Someone borrows your things without asking

- I say nothing and feel upset inside
- I hint that I'm not happy but don't directly address it
- I clearly tell them I'm not okay with this
- I've already made it clear that my things aren't to be borrowed without permission

2. A friend texts you constantly and expects immediate responses

- I always respond right away, even when I'm busy
- I respond when I can but feel guilty if I don't reply quickly
- I respond when it's convenient for me without feeling guilty
- I've communicated my texting preferences to my friends

3. Someone pressures you to do something you don't want to do

- I usually give in to avoid conflict
- I make excuses rather than saying no directly
- I say no but feel bad about it
- I confidently decline and stand by my decision

4. Someone shares something personal about you with others

- I feel hurt but don't say anything
- I drop hints that I'm upset
- I tell them I'm upset after it happens
- I've already made it clear what information is private

5. A family member or friend enters your room/personal space without permission

- I accept it even though it bothers me
- I show I'm annoyed but don't directly address it
- I tell them afterward that I'd prefer they knock
- I've already established clear expectations about my space

Looking at your answers, where do you see patterns?

□ PART 3: BOUNDARY SIGNALS

Our bodies and emotions often tell us when a boundary has been crossed.

ACTIVITY 3: MY BOUNDARY SIGNALS

Check all the signals you experience when your boundaries are being crossed:

Physical Signals:

- Tense muscles
- Stomach discomfort
- Faster heartbeat
- Feeling hot or flushed
- Shallow breathing
- Other: _____

Emotional Signals:

- Feeling resentful
- Feeling anxious
- Feeling angry
- Feeling guilty
- Feeling trapped
- Other: _____

Mental Signals:

- Racing thoughts
- Difficulty focusing
- Making excuses for others
- Doubting yourself
- Overthinking
- Other: _____

Behavioral Signals:

- [] Avoiding certain people
- [] Not speaking up
- [] Agreeing when you don't want to
- [] Being passive-aggressive
- [] Withdrawing from others
- [] Other: _____

My top 3 boundary signals to pay attention to:

1. _____
2. _____
3. _____

□ PART 4: RED, YELLOW, GREEN BOUNDARIES

A helpful way to think about boundaries is like a traffic light:

- **RED** = Not okay with this / Hard limit
- **YELLOW** = Sometimes okay, with conditions
- **GREEN** = Always okay / Comfortable with this

ACTIVITY 4: MY BOUNDARY ZONES

Fill in each category with specific situations, behaviors, or requests:

RED ZONE (Not okay with these):

- _____
- _____
- _____
- _____
- _____

YELLOW ZONE (Depends on circumstances):

- _____
- _____
- _____

- _____
- _____

GREEN ZONE (Always okay with these):

- _____
- _____
- _____
- _____
- _____

For one of your YELLOW items, what conditions make it okay vs. not okay?

PART 5: COMMUNICATING YOUR BOUNDARIES

Setting boundaries is one thing—communicating them clearly is another skill.

ACTIVITY 5: BOUNDARY SCRIPTS

Practice writing boundary statements using this formula:

"I feel _____ when _____ happens. What I need is _____."

Example: "I feel uncomfortable when people look through my phone. What I need is for you to ask permission first."

Write your own boundary statements for:

1. Someone who interrupts you when you're speaking:

2. A friend who always borrows money but doesn't pay it back:

3. Someone who makes comments about your appearance that you don't like:

4. A situation where you need more personal space:

5. Someone who pressures you to share personal information:

Now practice saying one of these out loud. How does it feel?

PART 6: STRENGTHENING YOUR BOUNDARY MUSCLES

Like any skill, setting and maintaining boundaries takes practice.

ACTIVITY 6: BOUNDARY PRACTICE SCENARIOS

For each scenario, write what you would say to set or maintain a boundary:

Scenario 1: A friend keeps tagging you in social media posts that you don't want to be in.

Scenario 2: Someone touches your hair or shoulders without permission.

Scenario 3: A group of friends wants you to skip school with them.

Scenario 4: Someone keeps borrowing your things and returning them damaged.

Scenario 5: A person keeps making jokes that make you uncomfortable.

Scenario 6: Someone expects you to respond to messages late at night.

Which scenario was hardest to respond to? Why?

PART 7: WHEN OTHERS DON'T RESPECT YOUR BOUNDARIES

Sometimes people don't respect boundaries even when we communicate them clearly.

ACTIVITY 7: BOUNDARY REINFORCEMENT PLAN

Create a step-by-step plan for when someone doesn't respect your boundaries:

Step 1:

Step 2:

Step 3:

Step 4:

Safe people I can talk to if I need support with boundaries:

- ---
- ---
- ---

Remember: If someone repeatedly disrespects your boundaries, especially in ways that make you feel unsafe, it's important to talk to a trusted adult.

PART 8: RESPECTING OTHERS' BOUNDARIES

Setting boundaries is important, but so is respecting the boundaries of others.

ACTIVITY 8: BOUNDARY RESPECT CHECK

Rate yourself on how well you respect others' boundaries (1 = need improvement, 5 = very good at this):

_____ I ask for permission before touching others or their belongings

_____ I accept when someone says "no" without trying to change their mind

_____ I pay attention to non-verbal cues that someone is uncomfortable

_____ I avoid pressuring others to share information they want to keep private

_____ I respect others' time and energy (not expecting immediate responses, etc.)

One way I can improve how I respect others' boundaries:

PART 9: REFLECTION QUESTIONS

1. What is the hardest type of boundary for you to set, and why?

2. How might your life be different if you had stronger boundaries?

3. Are there any relationships in your life that need clearer boundaries?

4. What fears do you have about setting boundaries?

5. How can setting healthy boundaries actually improve your relationships?

COMMITMENT CORNER

This week, I commit to:

1. Pay attention to my boundary signals in at least _____ situations
2. Practice setting at least _____ clear boundary(ies) using my boundary scripts
3. Respect others' boundaries by _____
4. Talk to _____ about boundaries that are important to me

Signature: _____ **Date:** _____

REMEMBER

- Having clear boundaries is a sign of self-respect, not selfishness
 - Healthy relationships require healthy boundaries
 - Your boundaries may be different from other people's, and that's okay
 - Boundaries can change over time and in different situations
 - Setting boundaries takes practice and gets easier over time
 - It's never too late to start setting healthier boundaries
 - You deserve to have your boundaries respected
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BONUS CHALLENGE

Boundary Journal: For one week, keep track of:

1. Times when you successfully set a boundary
 2. Times when you wished you had set a boundary but didn't
 3. How you felt in each situation
 4. What you might do differently next time
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