

Another Beautiful Life

Boundaries Worksheet

1. What is the boundary violation you're dealing with?

2. What is the boundary you want to set?

3. The request: If you...

4. The consequence: Then I will...

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5. What are your fears (if any) around establishing this boundary?

6. What are the benefits of establishing this boundary?

7. How will you set this boundary?

8. How will you ensure that you honor your boundary?
