



BOUNDARIES WORKSHEET

6 Types of
Boundaries And How
to Maintain Them

JAMIE ATWOOD

Boundaries Worksheet

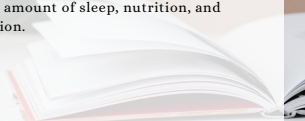
1. Emotional boundaries:

Establishing emotional boundaries involves taking ownership of your own feelings and not being made to feel responsible for other people's feelings. Everyone has the right to have their feelings respected and validated. For example, a solid emotional boundary includes not oversharing private details from your personal life with acquaintances or coworkers when you don't want to. It is not just important to set your own emotional boundaries but also to respect those of other people: Everyone has the right to respectfully share exactly as much as they're comfortable with.

Boundaries Worksheet

2. Physical boundaries:

Physical boundaries protect your personal space, determine your comfort level with physical touch, and ensure that your physical needs (for things like rest and privacy) are met. If you feel that a person is infringing on your physical space, consider politely asking them to step back or give you some privacy. When it comes to your physical needs, having healthy boundaries ensures that you get the proper amount of sleep, nutrition, and hydration.



Boundaries Worksheet

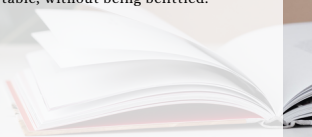
3. Sexual boundaries:

Sexual boundaries include your right to sexual consent, sexual preferences and desires, and privacy. Sexual boundaries define where, when, how, and with whom you desire sexual intimacy. It can also include limitations around sexual comments or advances made upon them by other parties in different situations, like on a first date or at family gatherings. When it comes to establishing sexual boundaries with a partner, clearly communicate your desires and expectations regarding your sexual relationship, and equally respect those of your partner. Follow the principle of enthusiastic consent—go forward only when there is a definite yes instead of just the absence of a no.

Boundaries Worksheet

4. Intellectual boundaries:


Intellectual boundaries, also known as mental boundaries, are a kind of boundary that relates to respecting thoughts, ideas, and opinions. You may not agree with others' opinions, and they may not agree with yours, but unless something is hurtful or discriminatory, all parties have a right to share their ideas in the way they are comfortable, without being belittled.



Boundaries Worksheet

5. Material boundaries:


Material boundaries relate to one's possessions and finances. Every person has the right to set boundaries around sharing their finances, possessions, and information. While it is important to maintain healthy material boundaries, these are not absolute and must fall within the law. For example, it may be illegal to withhold certain information about finances in a business arrangement or divorce proceeding.



Boundaries Worksheet

56. Time boundaries:

Setting boundaries around the amount of time you spend working, socializing with others, and being alone can help prevent burnout and protect your mental health. You may have a hard time finding enough hours in the day to accomplish all the tasks you wish to complete, but having better boundaries with your time can help you lead a more balanced life. Consider establishing black-out times in your calendar solely devoted to non-work-related activities, such as family time or a date night.



A warm, inviting scene featuring a woven placemat with a cup of tea, a glass of water, and an open book. The background is softly blurred, showing a green plant and a window with light. A semi-transparent white box is overlaid on the center, containing text.

LOOKING FOR MORE SUPPORT?

Book a **FREE** 15 minute consultation with the
link below!

COUNT ME IN!