

Setting Boundaries Worksheet

This worksheet will help you think about the boundaries you want and need to set in your everyday life. It will ask you to think about your rights, and how you can use them as a foundation for setting your boundaries.

The table contains two examples that demonstrate how this process works.

Right/Entitlement	Is It Currently Being Honoured? (Y/N)	What Boundaries Do I Need To Set?
<i>Example: A right to be happy with yourself</i>	<i>No – my mother always tells me to stop being “so self-satisfied” whenever I’m pleased with a personal achievement.</i>	<i>“I am happy with my achievements, and I will not listen if you try to take that from me.”</i>
<i>Example: A right to make mistakes</i>	<i>No – my partner gets angry if I make even a small mistake.</i>	<i>“I am human, and we all make mistakes. I will apologise once, but I will not let you complain at length about my error.”</i>
The right to dignity and self-respect		
The right to say “No” without being made to feel bad		
A right to reflect before taking action		
A right to ask for what you need		

A right to ask for information		
A right to be happy with yourself		
A right to be treated with respect		
A right to experience and express emotion		
A right to change your mind		
A right to only undertake tasks of which you are capable		
A right to make mistakes		