

Emotional Boundaries Worksheet

EMOTIONAL BOUNDARIES WORKSHEET

Date: _____ dd / mm / yyyy Name: _____

Age: _____ Gender: _____

Referring physician's name: _____

Referring physician's signature: _____

Instructions: Take the time to reflect on the questions and jot down your responses.

1. What are the emotions you commonly experience in your relationships? Are there any emotions you tie to a specific person? If yes, match the emotion(s) with the person you often experience it with:

2. What are the situations or triggers that evoke these emotions?

3. What do emotional boundaries mean to you? How do you know if someone has crossed your emotional boundaries?

4. Were there instances where you felt your emotional boundaries were crossed? If yes, please elaborate, and if possible, specify with whom:

5. How did it make you feel, and how did you respond?

6. Identify the people with whom you want to establish emotional boundaries. Why does their relationship matter to you, and does having a relationship with them align with your values:

7. What are the specific emotional boundaries you want to establish? You may choose to set some for all of them or elaborate and set different boundaries per person:

8. How do you differentiate between your emotions and someone else's emotions?

9. How can you communicate your emotional boundaries effectively? What words or phrases can you use to express your feelings and needs?

10. How will you handle boundary violations if they occur?

11. What are ways you can practice self-awareness and self-compassion as you set your boundaries?

12. What are your plans for regularly checking and maintaining your emotional boundaries?

13. Who are the individuals you can turn to for support or resources you can refer to for guidance as you work on your emotional boundaries?

Additional notes: