



BOUNDARIES

PROTECT YOUR SPACE AND FOSTER
RESPECTFUL RELATIONSHIPS
WORKBOOK

INTRODUCTION

This worksheet accompanies the ebook "Boundaries: Protect Your Space and Foster Respectful Relationships." It's designed to help you identify your boundary needs, create strategies for setting and maintaining boundaries, and enhance your personal privacy.

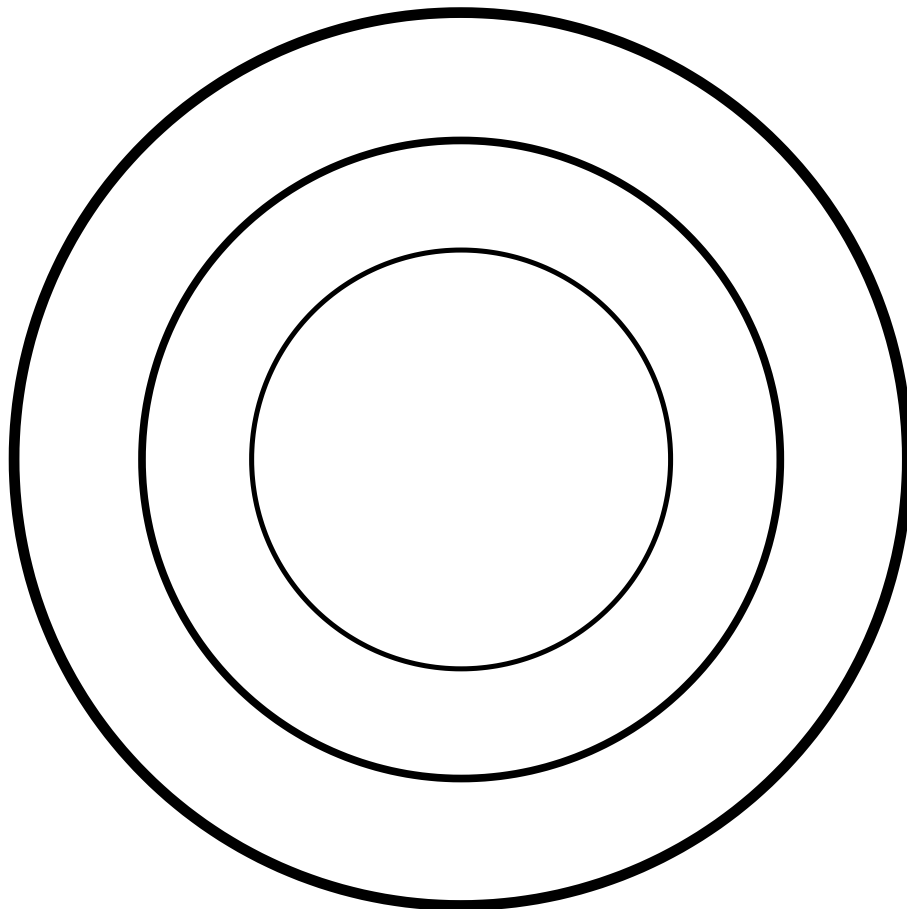
1. On a scale of 1-10, how would you rate your current ability to set and maintain boundaries?

(1 = Very poor, 10 = Excellent)

1 2 3 4 5 6 7 8 9 10

2. Boundary Mapping:

In the circles below, write "Me" in the center. In the surrounding circles, write the names of people or groups in your life. Draw the circles closer or farther from "Me" based on how close you want them to be.



3. Identify three areas in your life where you need stronger boundaries:

1. _____
2. _____
3. _____

4. For each area above, write a clear, specific boundary statement:

1. _____
2. _____
3. _____

5. Boundary Violations:

Describe a recent situation where your boundaries were crossed:

How could you have responded differently?

6. Privacy Audit:

Check the areas where you feel your privacy needs improvement:

- Social media
- Work-life balance
- Personal information sharing
- Physical space at home
- Digital data and online accounts
- Other: _____

7. Choose one privacy area to focus on. What's one step you can take to enhance your privacy in this area?

Area: _____

Step: _____

8. Saying No:

Practice reframing these statements to politely but firmly say no:

"I should be able to..." _____

"I have to..." _____

9. Create a "time boundary" mantra to use when you need space:

10. List three self-care activities that help you recharge when your boundaries feel strained:

11. Identify a relationship where you struggle with boundaries. What's one boundary you could set to improve this relationship?

Relationship: _____

Boundary: _____

12. Privacy Protection Plan:

List 3 actions you'll take to better protect your personal information:

1. _____
2. _____
3. _____

Boundary and Privacy Action Plan:

List 3 specific actions you'll take this week to improve your boundaries or privacy:

1. _____
2. _____
3. _____

One key insight from the ebook about boundaries or privacy that I want to remember:

Boundary Setting Scripts:

- ▶ "I appreciate you thinking of me, but I'm not able to take that on right now."
- ▶ "I need some time to myself this evening. Let's catch up tomorrow instead."
- ▶ "I'm not comfortable sharing that information. I hope you can understand."
- ▶ "I have a personal rule about not discussing work outside of office hours."
- ▶ "I'd prefer to keep that private. Thanks for understanding."

Next Steps...

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