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SETTING BOUNDARIES IN RELATIONSHIP WORKSHEET

MATCH-UP *mayhem*

Match each boundary scenario with the most appropriate assertive response. Write the letter of the assertive response next to the corresponding scenario.

Your friend constantly asks to borrow money without ever paying you back

Your partner frequently criticizes your appearance or choices in front of others

A family member insists on interfering in your personal life decisions

Your colleague regularly interrupts you during meetings and dismisses your contributions

"I prefer to have uninterrupted time to share my ideas during meetings. Please refrain from interrupting me."

"I appreciate your concern, but I need to make my own decisions about my personal life."

"I feel hurt when you criticize me in public. I need you to address your concerns with me privately."

"I value our relationship, but I need to prioritize my own financial stability. I cannot lend you money anymore."

What other assertive responses could be used in these scenarios?



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MAPPING

milestones

Create a timeline of your past relationships or interactions where boundaries played a significant role. Reflect on each event and its impact on your understanding and practice of boundaries. Identify key moments of growth or challenges and how they have shaped your boundary-building journey.



A large, empty, light green rounded rectangular area intended for users to create a timeline of their past relationships or interactions where boundaries played a significant role.



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DEAR

future me

Write a letter to yourself from the perspective of your future self, one year from now. In this letter, imagine that you have successfully strengthened your boundary-setting skills in relationships. Describe how your life has changed as a result of setting and maintaining healthy boundaries, and offer encouragement and advice to your present self on how to continue prioritizing boundaries in relationships.