

Setting Internal Boundaries

We all have control as adults over how we respond to situations. It can help to consider and agree to boundaries of what is personally acceptable or not acceptable.

Use this worksheet to commit to behavior you will accept going forward and what is out of bounds.

Consider the following prompts, write their answers below, and then sign off at the bottom (modified from Jackman, 2020):

<p>I am going to....</p> <p>For example,</p> <p>Be honest and vulnerable with myself /</p> <p>Find a therapist to help me on my path /</p> <p>I am going to keep a gratitude journal.</p>	
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<p>I am NOT going to....</p> <p>For example,</p> <p>Yell, scream, and be demanding of others /</p> <p>Get drunk with my friends as it makes me sad the next day.</p>	Empty table cells for notes
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Recognize that these are commitments that you will try and live by. If you slip up it is ok, but renew your commitment and see if you can try a little harder next time.

I _____ commit to living by the boundaries I have set for myself above. If I fall, I will get back up, dust myself off, and begin again.

References

- Jackman, R. (2020). *Healing your lost inner child: How to stop impulsive reactions, set healthy boundaries and embrace an authentic life*. New York: Practical Wisdom Press.

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