

Visualizing Your Boundaries

Boundaries are the limits we set for ourselves in our relationships with others. Setting boundaries is essential for healthy relationships. However, our boundaries can be difficult to define and can change over time.

Use this worksheet to define your boundaries. Visualizing your boundaries will clarify where you need to set limits between yourself and other people.

Equipment:

Get a couple of sheets of paper and a pen for this exercise. The paper should be A3 or bigger.

Step One: Reflection

First, take some time to reflect on your current life situation. Jot down answers to the following questions to help define your boundaries.

- What is causing me stress or discomfort right now?
- What do I look forward to each day?
- What do I dread each day?
- Who or what gives me energy?
- Who or what drains me?
- Who or what makes me feel safe, supported, and valued?
- Who or what makes me feel unsafe, unsupported and devalued?

Step Two: Inside the circle

Draw a large circle on a blank piece of paper.

Inside the circle, write everything that makes you feel safe and stress-free.

Examples can include:

- Hugs from loved ones
- Walks in nature
- Support from your partner
- Clear communication at work
- Petting your dog or cat
- Having a daily routine
- Bodily autonomy
- Time to pursue hobbies, sports and other interests

Step Three: Outside the circle

On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.

Examples could include:

- Your friend asking to borrow money
- Colleagues gossiping at work
- Your roommate using your stuff or eating your food without asking
- Working late instead of going to the gym
- Worrying about what certain people really think of you
- Your partner checking your phone calls and text messages
- Your mother telling you how to raise your children
- Your sister only calling you when they are having a crisis

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