

## BOUNDARY ASSESSMENT AND EXPLORATION

Think about a person or a group of people with whom you struggle to set healthy boundaries. Ensure your boundaries are not too rigid (isolating) or too porous (too open).

Who do you struggle to set clear boundaries with? (spouse, friend, family member, yourself, work)

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In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary type.

Boundary Type	Porous	Rigid	Healthy	Other
Physical				
Mental				
Emotional				
Spiritual				
Material				

Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean you can soften the boundary. If they're porous, it might mean setting clearer, firmer limits and saying "no" when you don't want to do something instead of saying "yes" for the wrong reasons.

**What are some specific actions you can take to improve your boundaries?**

**How do you think the other person will respond to these boundaries?**

**How do you think your life will be different once you've established healthy boundaries?**