My Personal Boundaries

A supportive worksheet for clarifying needs, language, consent, repair, and respectful limits.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

- Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Please read before using this resource

Emotional Processing, Reflection & Growth

This does not replace therapy This worksheet is a general educational and self-reflection resource. It is not individual therapy, group therapy, counseling, medical or psychiatric care, diagnosis, treatment, legal advice, or crisis intervention. It may be used alongside therapy or other qualified professional support when that is appropriate for you, but it does not replace those services.

- Use choice and care You may skip a question, adapt an activity, pause, or stop. Some topics or exercises may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. Clinical or wellness terms are used only for general education and are not a personalized assessment or recommendation.

Seek appropriate support Consult an appropriately qualified professional about your individual mental health, physical health, medications, safety, legal matter, or treatment decisions. No outcome is promised, and information or external links may change.

Emergency and crisis needs text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use local emergency or crisis resources.

Created by Michelle D. Elder with AI used as a collaborative drafting and organizing tool to support self-growth and reflection. AI-assisted material can contain errors or oversimplifications. This resource has educational intent and should not be treated as personalized professional judgment. reviewed for web immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle publication: June 27, 2026.

MyPersonal Boundaries Understandingyour personal boundariesisessential for maintaininghealthyrelationshipsandself-respect.

Boundariesaretheinvisiblelinesthat protect your physical, emotional, andmentalwell-being. Bydefiningwhat you'rewillingandnot willingtotolerate, youensurethat youengageinrelationshipsthat honor andrespect your needs.

Here'showtobetter understandyour personal boundariesanddeterminewhat you'rewillingandnot

willingtoaccept:

1. Reflect onPast RelationshipsandExperiences

Thinkbackonpreviousrelationships-whether friendships, romanticpartnerships, familydynamics, or professional

connections. Consider thefollowing:

l What madeyoufeel uncomfortable, disrespected, or hurt?l What behaviorsor actionsfromothersmadeyoufeel safe, valued, or supported?l What didyoulearnabout yourself inthesesituations?

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Writedownspecificexamplesof situationswhereyoufelt your boundarieswerecrossedorrespected.

Reflectingonthesewill helpyouidentifypatternsandunderstandyour limits.

2. IdentifyYour CoreNeedsandValues

Understandingwhat'strulyimportant toyouiskeytodefiningyour boundaries.

Takesometimetoreflect on:

l What valuesaremost important tome?(e.g., trust, honesty, loyalty, respect)l What emotional needsdoI haveinrelationships?(e.g., emotional support, respectfor privacy, spacefor personal growth)l What physical needsdoI have?(e.g., boundariesaroundphysical touch, personalspace, andsafety) Writingdowntheseneedsandvalueswill clarifywhat boundariesyouneedtoupholdinyourrelationships.

3. Typesof Boundaries

Boundariescanbecategorizedintoseveral types. Herearesomeexamplestohelpyoubetterunderstandwhereyour

limitslie:

Physical Boundaries

l What YouAreWillingtoAccept: Personal space, appropriatephysical contact (likehugs, handshakes, or other formsof touchyou'recomfortablewith).l What YouAreNot WillingtoAccept: Invasionof your personal space, unwantedphysical contact, or beingtouchedwithout consent.

Emotional Boundaries

l What YouAreWillingtoAccept: Openandhonest communication, support duringdifficult times, theabilitytoexpressyour emotionsfreely.l What YouAreNot WillingtoAccept: Emotional manipulation, beingblamedfor others'feelings, criticismthat underminesyour self-worth.

Mental Boundaries

l What YouAreWillingtoAccept: Respect for your opinions, ideas, andbeliefs, evenifitheydiffer fromothers.l

What

YouAreNot WillingtoAccept: Disrespect for your beliefs, attemptstochangeyour mindor beliefs, andbeingforcedtoconformtoothers' ideas.

TimeBoundaries l What YouAreWillingtoAccept: Requestsfor your timethat youcanreasonablyfulfillwhilemaintainingyour other commitments.l What YouAreNot WillingtoAccept: Peopletakingupyour timewithout considerationfor your scheduleor without respect for your needfor rest.

Material Boundaries

l What YouAreWillingtoAccept: Sharingor lendingmaterial itemswhenit alignswithyour valuesandyoufeel comfortable.l What YouAreNot WillingtoAccept: Loaningor givingawayyour possessionswhenyoufeel uncomfortableor whentheother persondoesnot returnthem.

Sexual Boundaries

l What YouAreWillingtoAccept: Respect for your sexual preferences, consent, andpacinginintimaterelationships.l What YouAreNot WillingtoAccept: Pressuringyouintosexual activity, ignoringyourboundaries, or disregardingyour consent.

4. PracticeSaying"No"

Acrucial part of maintainingboundariesislearninghowtosay"no" whensomethingdoesn't feelright. If

youstrugglewiththis, consider thefollowingsteps:

l BeDirect andClear: "I'mnot comfortablewiththat," or "That'snot somethingI'mwillingtodo."l Don't Apologize:

Youareentitledtoyour boundaries, andthey're'snoneedtojustifyorover-explainyourself.l BeConsistent: It'seasier toupholdyour boundarieswhenyou'reconsistent. Sticktothemevenwhenit feelsdifficult.

5. IdentifyRedFlagsinOthers' Behavior

Recognizingwarningsignsearlycanhelpyouprotect your

boundariesbeforetheyarecrossed.Redflagscaninclude:

l Manipulationor guilt-tripping: Makingyoufeel responsiblefor their feelingsor actions.l Lackof respect for your "no": Pushingyoutodosomethingyou'veclearlystatedyoudon't want todo.l Consistent dishonestyor deceit:

Lyingor

hidingthingsfromyou.l Emotional volatility: Excessiveanger, moodswings, or outburststhat disrupt youremotional peace.

6. HealthyBoundariesinPractice

Onceyouunderstandyour boundaries, practicereinforcingthem.

Herearesomeexamplesofhowtodothis:

l CommunicateClearly: Let peopleknowwhat youneed, whether it'salonetime, respectfor your opinions, or asafephysical distance.l BeFirmbut Kind: Youcanenforceboundarieskindlybut firmly, without aggression.Expressingyour needsisnot about beingharsh-it'sabout protectingyour peace.l BePreparedfor Pushback: Sometimespeoplemaychallengeyour boundaries,especiallyif theyareusedtocrossingthem.

Stayfirmandrepeat your boundaryifnecessary.l Respect Others' Boundaries:

Healthyrelationshipsarereciprocal.

Respectingotherpeople'sboundariesstrengthensmutual trust andrespect.

7. Reflect onHowtoMaintainYour Boundaries

l What aremyemotional triggers?What specificbehaviorsfromotherstendtopushmepast mylimits?Recognizingthesetriggershelpsyouanticipateanddefendyourboundariesbeforethey'recrossed.l HowcanI ensuremyboundariesremainrespected?For example, I canremovemyself fromsituationswheremyboundariesarenot beinghonored, or I canhaveaconversationwithsomeoneif I feel they'redisrespectingmylimits.

TherapeuticHomeworkfor UnderstandingBoundaries:

1. Writedownyour coreboundariesinthefollowingareas:n Physicaln Emotionaln

Mentaln Timen Materialn

Sexualn Socialn CommunicationBeasspecificaspossibleineacharea. What'sokay?What'snot okay?2. Reflect onthelast timeyoufelt uncomfortableor violatedinanyof theseareas.n Writeabout thesituation.

Howdidyoufeel?What boundarywascrossed?Howdidyourespond?Howcouldyouhaverespondeddifferently?3.

Practicesaying"no"inlow-stakessituations(e.g., decliningasocial invite, sayingnotoarequest at work).n What wastheoutcome?Howdidyoufeel beforeandafter?4. Observehowothersrespondtoyour boundaries.n Aret hey'respectful?Arethey'recertainpeoplewhorepeatedlypushyourbounda ries?Writeabout theseexperiencesandwhat youcandomovingforward.5. Createalist of non-negotiablesinrelationships.n Thesearethequalitiesor behaviorsyouwill not tolerateinanyformofrelationship.

Reviewthemregularlytoreinforceyour

commitment tohonoringyour needs.

Bypracticingtheseexercisesandreflectingonyour boundaries, youwill gainadeeperunderstandingof yourself andyour needs. Thisclaritywill allowyoutobuildandnurturerelationshipsthat arehealthy, respectful, andfulfilling. danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis

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They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

Michelle D. Elder, MSW, LMHC | My Reflective Collective

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If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

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Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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