

Setting Personal Boundaries

Who do I struggle to set boundaries with? _____

Type of boundaries I struggle to set with this person _____

What am I afraid will happen if I set boundaries with this person? _____

In what ways is not setting boundaries affecting me? _____

How would I feel if I set healthy boundaries? _____

How do I think the other person react to these boundaries? _____

An affirmation that gives me courage _____