



Setting Personal Boundaries

Who do I struggle to set boundaries with?

Types of boundaries I struggle to set with this person:

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> emotional | <input type="checkbox"/> time |
| <input type="checkbox"/> physical | <input type="checkbox"/> spiritual |
| <input type="checkbox"/> financial | <input type="checkbox"/> other |

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 will react to these boundaries?

An affirmation that gives me courage:
