Setting boundaries

Use this sheet to have a think about how your boundaries are going. Are there any new boundaries that you think you may need to put in place? Use the end box to practice what you might say the next time you feel someone crossing or disrespecting your boundaries.



Type of boundary	Where do you feel disrespected in this area?	What could I do or say the next time I feel this way?
Personal boundaries: Example: Physical touch/personal space/privacy		
Material boundaries: Example: Lending things out and not getting them back		
Emotional boundaries: Example: Others influencing or telling you how you feel		
Digital boundaries: Example: Allowing time offline to do other things		
Friendship boundaries: Example: Putting up with a friend who makes you feel disrespected		