

WORKSHEET

BUILDING HEALTHY BOUNDARIES: RESPECT YOURSELF, RESPECT OTHERS

Boundaries are limits that protect you. They keep your feelings, space, time, and belongings safe, helping you feel comfortable and respected.

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Boundary Type	What it Protects	Example
Physical	Your body, space, touch	I don't like being hugged by strangers.
Emotional	Feelings, support, respect	I need you to listen without judging me.
Time & Energy	How you spend your time	I need rest and cannot work late.
Material	Belongings, money, property	I don't lend money to friends.
Mental & Beliefs	Thoughts, opinions, values	Please don't insult my beliefs.

Physical Boundaries

What kind of touch or help do you not like?

What can you say if someone touches your mobility aid or body without asking?

Emotional Boundaries

What helps you feel safe when talking about your feelings?

What can you say if someone doesn't respect your emotions?

Time & Energy Boundaries

What do you need to feel rested and not overwhelmed?

How can you tell someone you need a break or more time?

Material Boundaries

What personal items or tools are important for your independence?

What can you say if someone asks to borrow something you need?

Mental & Belief Boundaries

What beliefs or opinions are important to you?

What can you say if someone tries to change your mind or make you feel wrong?