

# WORKBOOK: SETTING BOUNDARIES



*“Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won’t accept.”*

Anna Taylor

Name:

Date:

# Exercise 1: Identify

1. What situations have you experienced in the past that made you feel angry, resentful, or stressed? (If it helps you can create categories for yourself e.g., work, romantic relationship, friendship, family relationship, health, parenting, financial)

2. Why did these situations make you feel like that?

3. What are your core values? What are the ingredients for a stable and peaceful life in which you can be your authentic self?

	<b>CORE VALUE</b>	<b>WHAT IS NEEDED?</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		

4. What are the threats to you living your life peacefully?

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5. Have you observed other people around you who are good at setting boundaries? How do they behave? What do they say?

## Exercise 2: Define

1. Write down your ideal outcome of a situation or your ideal life vision based on the core values of exercise one.

2. Use the threats of exercise one to define your boundaries. (If you have done this per category it can look like this: work – my workdays are from 9.00-17.00 PM. The weekend is me time and I won't work in the weekend even if I see that my colleagues work in the weekend. This is good for my health. Social relationships – people who think it's okay to appear and disappear when they want to have a negative effect on my mental wellbeing. I respect myself in such a way that I will not tolerate this type of behaviour.)

3. Now think of actions you have control over that can influence the ideal outcome/life vision. What can you do or say to facilitate the ideal situation?  
(Responses that can be prepared, actions that should continue or stop, conversations)

## Exercise 3: Communicate

1. Describe how you feel about a situation or people's behaviour using 'I' statements. Please see article on ourshakti.com for examples.

1. Express what you need/want.

2. State consequences (can be positive or negative)

## Exercise 4: Advocate

1. Think of ways that people will step over your boundaries. How can you recognize it?

2. Write down how you will react.

3. Practice how you will reply (in the mirror).

4. Write down under what circumstances you will pull out the plug.