



DARREN ELLIOTT

THERAPY FOR HUMANS

Boundaries – 15 Types

Client Worksheet

Exploring and Defining Boundaries

Boundaries are essential for maintaining healthy relationships and protecting your well-being. They define where you end and others begin, guiding how you interact with the world around you. But sometimes, we may not even be aware of our boundaries or how they impact our lives. Brene Brown teaches us that our boundaries allow us to love others more. You can look her up on YouTube as part of your boundary work.

Let's explore fifteen different types of boundaries and how you can create them intentionally to foster healthier connections. Create intentional boundaries to live your life with intention through journaling using the following examples and prompts.

1. Physical Boundaries:

Physical boundaries refer to personal space, touch, and physical contact.

Unhealthy Boundary Example: Allowing others to invade your personal space without consent, feeling uncomfortable but not speaking up.

Healthy Boundary Example: Politely but firmly asserting your need for personal space and respecting others' boundaries in return.

How do you feel about physical contact with others? Are there specific situations where you feel uncomfortable? How can you communicate your boundaries effectively?

2. Emotional Boundaries:

Emotional boundaries involve managing your emotions and maintaining autonomy over your feelings.

Unhealthy Boundary Example: Taking responsibility for others' emotions, feeling guilty for setting boundaries to protect your own feelings.

Healthy Boundary Example: Recognizing that you are not responsible for others' emotions and expressing your feelings honestly and respectfully.

How do you typically respond when someone crosses an emotional boundary? Are there emotions you find difficult to express or assert boundaries around?



DARREN ELLIOTT

THERAPY FOR HUMANS

Boundaries – 15 Types

Client Worksheet

3. Mental Boundaries:

Mental boundaries pertain to thoughts, beliefs, and intellectual property.

Unhealthy Boundary Example: Allowing others to dictate your thoughts or beliefs without question, feeling pressured to conform to others' opinions.

Healthy Boundary Example: Valuing your own beliefs and opinions, while also respecting differing perspectives without feeling obligated to agree.

Do you often find yourself doubting your own thoughts or beliefs in favor of others'? How can you strengthen your ability to assert your mental boundaries?

4. Time Boundaries:

Time boundaries involve managing your time and commitments effectively.

Unhealthy Boundary Example: Overcommitting and sacrificing your own needs and priorities to accommodate others' demands.

Healthy Boundary Example: Prioritizing self-care and setting aside time for rest, recreation, and meaningful activities.

How do you currently prioritize your time and commitments? Are there areas where you feel stretched too thin? How can you establish clearer boundaries around your time?

5. Material Boundaries:

Material boundaries involve possessions, money, and resources.

Unhealthy Boundary Example: Feeling obligated to lend money or belongings, even when it compromises your financial stability or personal boundaries.

Healthy Boundary Example: Setting limits on sharing possessions or money, while still offering support within your means and comfort level.

How do you feel about sharing your belongings or finances with others? Are there situations where you feel taken advantage of?



DARREN ELLIOTT

THERAPY FOR HUMANS

Boundaries – 15 Types

Client Worksheet

6. Social Media Boundaries:

Social media boundaries involve managing your online presence and interactions.

Unhealthy Boundary Example: Feeling pressured to share personal information or respond to messages immediately, even when it causes stress or discomfort.

Healthy Boundary Example: Setting limits on social media usage, being selective about what you share, and taking breaks when needed for mental well-being.

How do you feel about your social media usage? Are there aspects of social media that leave you feeling drained or overwhelmed?

7. Work Boundaries:

Work boundaries involve balancing professional responsibilities with personal life.

Unhealthy Boundary Example: Constantly checking work emails or taking calls outside of designated work hours, leading to burnout and neglecting personal relationships.

Healthy Boundary Example: Establishing clear work hours and boundaries, prioritizing self-care and leisure activities outside of work.

How do you currently manage the boundaries between work and personal life? Are there areas where you feel your work-life balance is out of sync? Make decisions about how you want to manage this balance and write them down in your journal so that you live with intention and keep the boundaries you want to keep. At the same time, boundaries are flexible and change with feelings, experiences and situations. Example. I do not have client hours on the weekends. I believe everyone should have time away from work, and I am someone. I do, however, spend many weekends working on my business and many projects to make the progress that I can. Much of this is energizing and always in my control, client appointments are specifically timed and inconvenient to cancel and although my passion, I need to contain them to specific days to enjoy my life in other ways. Weekends are often beach days and weekends away, hosting and attending friend/chosen family gatherings. Those take priority for me and work comes if there's spare time.



DARREN ELLIOTT

THErapy FOR HUMANS

Boundaries – 15 Types

Client Worksheet

8. Sexual Boundaries:

Sexual boundaries involve consent, comfort, and communication in intimate relationships.

Unhealthy Boundary Example: Feeling pressured into sexual activity or ignoring personal discomfort for fear of upsetting a partner.

Healthy Boundary Example: Communicating openly about sexual desires and boundaries, respecting your own and your partner's comfort levels at all times.

How do you navigate sexual boundaries in relationships? Are there situations where you feel your boundaries are not respected? Do you know your limits and how to deal with them?

9. Personal Privacy Boundaries:

Personal privacy boundaries involve protecting sensitive information and personal space.

Unhealthy Boundary Example: Feeling obligated to share personal details or allowing others to intrude on your privacy without permission.

Healthy Boundary Example: Asserting your right to privacy, setting boundaries around what information you share and with whom.

How do you feel about sharing personal information with others? Are there topics you prefer to keep private?

10. Communication Boundaries:

Communication boundaries involve expressing yourself honestly and respectfully.

Unhealthy Boundary Example: Avoiding conflict by suppressing your thoughts and feelings, leading to resentment and misunderstandings.

Healthy Boundary Example: Communicating openly and assertively, expressing your needs and boundaries while listening to others with empathy.

How do you typically communicate your needs and boundaries in relationships? Are there situations where you struggle to assert yourself?



DARREN ELLIOTT

THERAPY FOR HUMANS

Boundaries – 15 Types

Client Worksheet

11. Family Boundaries:

Family boundaries involve navigating relationships with relatives and setting limits on family dynamics. It also involves our boundaries with our chosen family, related or not.

Unhealthy Boundary Example: Feeling obligated to prioritize family demands over your own needs or well-being.

Healthy Boundary Example: Establishing healthy boundaries with family members, balancing support and autonomy in relationships.

How do you currently navigate boundaries within your family? Are there dynamics that you find challenging to address?

12. Social Boundaries:

Social boundaries involve interactions with acquaintances, friends, and social circles.

Unhealthy Boundary Example: Feeling pressured to conform to social expectations or sacrificing personal values to fit in.

Healthy Boundary Example: Honoring your authentic self in social situations, choosing connections that align with your values and interests.

How do you feel in different social settings?

Are there relationships or groups where you feel more comfortable being yourself?

13. Health Boundaries:

Health boundaries involve prioritizing physical and mental well-being.

Unhealthy Boundary Example: Neglecting self-care or ignoring warning signs of physical or emotional distress due to external pressures.

Healthy Boundary Example: Prioritizing health and wellness, setting boundaries around activities, relationships, and habits that support overall well-being.

How do you currently prioritize your health?



DARREN ELLIOTT

THERAPY FOR HUMANS

Boundaries – 15 Types

Client Worksheet

Are there areas where you feel you could establish clearer boundaries?

14. Cultural Boundaries:

Cultural boundaries involve respecting and navigating diverse cultural norms and identities.

Unhealthy Boundary Example: Disregarding or invalidating others' cultural beliefs or traditions.

Healthy Boundary Example: Respecting cultural diversity, learning about and honoring different cultural practices and perspectives.

How do you navigate cultural differences in your interactions with others?

Are there areas where you could improve your cultural sensitivity?

15. Spiritual Boundaries:

Spiritual boundaries involve exploring and honoring personal beliefs and practices.

Unhealthy Boundary Example: Feeling pressured to conform to religious or spiritual beliefs that don't resonate with your own inner truth.

Healthy Boundary Example: Embracing your spiritual journey, setting boundaries around spiritual exploration and practice that align with your authentic self.

How do you connect with your spirituality?

Are there aspects of your spiritual beliefs or practices that you feel are influenced by external pressures?

Pause and Reflect:

Take a moment to pause and reflect on your current boundaries in each of these areas. Notice any patterns or areas where you may want to make changes. Remember, boundaries are not set in stone and can evolve as you grow and learn more about yourself.

By exploring and defining your boundaries with intention, you can cultivate new awareness, agency, and healthier relationships in your life. Embrace the power of boundaries to honor your needs and create a life that aligns with your values and well-being.