A FREE REFLECTION GUIDE

Relationship Boundaries

A reflection guide to help you understand your needs, identify your limits, and consider how you want to communicate in relationships.

1. Check in with yourself

Start with your own experience rather than what you think you “should” feel.

■ In this relationship or situation, I have been feeling…

■ What has felt supportive, respectful, or comfortable?

■ What has felt difficult, draining, or not okay for me?

2. Identify the need underneath

A boundary can help protect a need, value, or limit. You do not have to justify every feeling to take it seriously.

■ What do I need more of or less of?

■ Which value matters to me here (for example, honesty, respect, privacy, time, or safety)?

■ What am I afraid might happen if I express this need?

3. Define your boundary

Focus on what you can communicate or choose, rather than controlling another person’s response.

■ What am I comfortable with?

■ What am I not comfortable with?

■ What can I say or do if this limit is crossed?

4. Put it into words

Use your own voice. Clear and kind can exist together.

■ “I feel/notice… and I need…”

■ “I’m not available for… but I can…”

■ “If this continues, I will…”

■ One boundary I want to practice is…

A gentle reminder
You do not have to solve everything at once. Choose one small, supportive next step that feels realistic for you today.

Betty Gulko, M.S.Ed., MHC-LP • bettygulko.com

For educational and reflective purposes only. This worksheet is not a substitute for individualized mental health care.