

Boundaries Worksheet for Adults

Points to take care of while creating boundaries:

- Set healthy boundaries.
- Respect is the key element in every relationship.
- Set Limits & Never cross them.
- Explicitly set rules for your relationship.

The boundaries have three levels.

- Rigid: The person's boundary is too closed.
- Diffuse: The person's boundary is too open.
- Flexible: The person's boundary is neither too close.

Types of Boundaries

Physical Boundaries

Physical boundaries include your needs for personal space, comfort with touch, and your physical needs like needing to rest, eat food, and drink water.

Emotional Boundaries

Emotional boundaries distinguish separating your emotions and responsibility for them from someone else's. It's like an imaginary line or force field that separates you and others. Healthy boundaries prevent you from giving advice, blaming, or accepting blame. Healthy emotional boundaries require clear internal boundaries knowing your feelings and your responsibilities to yourself and others.

Sexual Boundaries

Sexual boundaries protect your comfort level with sexual touch and activity – what, where, when, and with whom.

Intellectual Boundaries

Apply to your thoughts, values, and opinions. Things you believe in, holding onto your opinions? If you become highly emotional, argumentative, or defensive, you may have weak emotional boundaries.

Financial Boundaries.

You set rules to balance the relationship between your finances, your loved ones, and yourself. Setting boundaries with our money can make our lives happier and healthier.