

## **Printable setting boundaries worksheet**

### **Mutual respect:**

Understand the dynamics of your relationship. Respect is an integral part of your relationship.

### **Make the rules & Follow them:**

Set your boundaries and never try to diffuse them. Your rules and boundaries are a way of respecting your relationship. So try to follow your boundaries.

### **Learn to say no:**

When you feel the need to say no, state it with a firm voice in any relationship.

### **Set Limits & Never cross them:**

Know your and your partner's limits and respect the boundaries you have set together. Never do or say something that you will regret later or may harm your relationship.

### **Create a healthy, safe space:**

Wherever you go in your life, try to create a healthy, safe space in your life.

### **Learn to agree to disagree respectfully:**

Tell your partner or family member with whom you're trying to set boundaries that it's okay not to agree on everything, but you don't have to hit below the belt to make your point.