

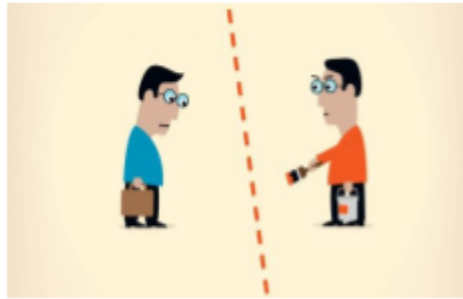
Respecting Others' Boundaries worksheet

Ask them and observe them.

You can ask someone how much they are comfortable with your actions, you can observe their body language to see if you really are in your boundary.

Accept what they are trying to communicate:

Even if their boundary is not making any sense to you you still have to accept that it is their right to make any boundary and you have to act that way.



Know that they are free.

Everybody's free to make their own boundaries, even if you have better knowledge you can not force boundaries on someone.

Work on yourself:

You need to create your own boundaries to respect other boundaries, try to work in that too.

Some more ways to respect others' boundaries

- *To respect others' boundaries first you need to know them, Communicate with others, and ask questions to know others' boundaries.*
- *Remember that there will be differences in the boundaries between you and the other person, learn to see and respect that difference.*

- *If you don't understand others' boundaries then try to learn about it and practice it in your life, maybe it will suit you or maybe you will learn about it.*

References

[McKie, L., Cunningham-Burley, S., & McKendrick, J. H. \(2005\). Families and relationships: boundaries and bridges. *Families in society*, 3-18.](#)

[Whitfield, C. L. \(1993\). Boundaries and relationships: Knowing, protecting and enjoying the self. Health Communications, Inc..](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.