

## What are the personal Boundaries Worksheet

EXPLORE different types of boundaries for family, relatives, friends, and strangers.

### For Family

Physical boundaries	Emotional boundaries	Sexual boundaries	Financial boundaries	Intellectual boundaries

### For Relatives

Physical boundaries	Emotional boundaries	Sexual boundaries	Financial boundaries	Intellectual boundaries

### For Friends

Physical boundaries	Emotional boundaries	Sexual boundaries	Financial boundaries	Intellectual boundaries

### For Strangers

Physical boundaries	Emotional boundaries	Sexual boundaries	Financial boundaries	Intellectual boundaries