

Boundary Evaluation Worksheet

Part 1: Evaluate Your Current Boundaries

Reflect on each area of your life and assess your current boundaries by answering the questions in the chart.

Identify Areas of Your Life:

- Personal Time
- Work/Professional Life
- Social Interactions
- Family Relationships
- Self-Care Practices
- Financial Management
- Health and Wellness
- Hobbies and Interests
- _____
- _____

Assessment Questions:

- Do I feel overwhelmed or stressed in this area?
- Do I often feel guilty or resentful?
- Am I able to say no when needed?
- Do I feel respected and understood by others?
- How do I feel about my time management in this area?

Area of Life	Overwhelmed?	Guilty/Resentful?	Able to Say No?	Respected?	Time Management
Personal Time	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Work/Professional Life	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Social Interactions	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Family Relationships	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Self-Care Practices	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Financial Management	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Health and Wellness	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor
Hobbies and Interests	Yes/No	Yes/No	Yes/No	Yes/No	Excellent/Good/Fair/Poor

Part 2: Determine If Boundaries Are Healthy

Reflect on the following questions for each area of life to evaluate if your boundaries are healthy. Write any other areas that may need to be addressed in your life.

Reflection Questions:

Area of Life	Feel in Control?	Needs Acknowledged?	Balance of Support?
Personal Time	Yes/No	Yes/No	Yes/No
Work/Professional Life	Yes/No	Yes/No	Yes/No
Social Interactions	Yes/No	Yes/No	Yes/No
Family Relationships	Yes/No	Yes/No	Yes/No
Self-Care Practices	Yes/No	Yes/No	Yes/No
Financial Management	Yes/No	Yes/No	Yes/No
Health and Wellness	Yes/No	Yes/No	Yes/No
Hobbies and Interests	Yes/No	Yes/No	Yes/No

Area of Life	Feel in Control?	Needs Acknowledged?	Balance of Support?
	Yes/No	Yes/No	Yes/No
	Yes/No	Yes/No	Yes/No

Boundary Health Indicators:

Personal Time

Indicator	Personal Time
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Work/Professional Life

Indicator	Work/Professional Life
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Social Interactions

Indicator	Social Interactions
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No

Indicator	Social Interactions
Maintaining a balance between personal time and time for others	Yes/No

Family Relationships

Indicator	Family Relationships
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Self-Care Practices

Indicator	Self-Care Practices
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Financial Management

Indicator	Financial Management
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Health and Wellness

Indicator	Health and Wellness
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Hobbies and Interests

Indicator	Hobbies and Interests
Feeling respected and valued by others	Yes/No
Being able to decline requests without guilt	Yes/No
Maintaining a balance between personal time and time for others	Yes/No

Part 3: Identify Where Boundaries May Be Needed

Identify signs of unhealthy boundaries for each area of life by answering the questions in the chart.

Signs of Unhealthy Boundaries:

Area of Life	Overwhelmed?	Difficulty Saying No?	Neglecting Self-Care?	Feeling Undervalued?
Personal Time	Yes/No	Yes/No	Yes/No	Yes/No
Work/Professional Life	Yes/No	Yes/No	Yes/No	Yes/No
Social Interactions	Yes/No	Yes/No	Yes/No	Yes/No
Family Relationships	Yes/No	Yes/No	Yes/No	Yes/No
Self-Care Practices	Yes/No	Yes/No	Yes/No	Yes/No
Financial Management	Yes/No	Yes/No	Yes/No	Yes/No
Health and Wellness	Yes/No	Yes/No	Yes/No	Yes/No
Hobbies and Interests	Yes/No	Yes/No	Yes/No	Yes/No

Part 4: Creating Healthy Boundaries

Develop an action plan for each area of life using the following steps. Fill in what you need to do for each action step.

Action Plan: Personal Time

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Work/Professional Life

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Social Interactions

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Family Relationships

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Self-Care Practices

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Financial Management

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Health and Wellness

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: Hobbies and Interest

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: _____

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Action Plan: _____

Action Step	Description	What I Need to Do
Identify Specific Areas	Pinpoint where boundaries are lacking.	
Set Clear Limits	Define what is acceptable and what is not.	
Communicate Clearly	Express your boundaries to others respectfully.	
Enforce Consistently	Stick to your boundaries and address any violations calmly.	

Step-by-Step Guide on Using the Boundary Evaluation Worksheet

1. Review Your Responses:

- Go through each section of your worksheet to get a comprehensive view of your current boundaries. Take note of the areas where you've marked "Yes" for feeling overwhelmed, guilty, or having difficulty saying no, as well as areas where time management is poor.

2. Identify Patterns:

- Look for patterns across different areas of your life. For example, if you consistently feel overwhelmed or have difficulty saying no, this indicates areas where boundaries need to be strengthened.

3. Reflect on Boundary Health Indicators:

- Examine the Boundary Health Indicators section for each area of life. If you've marked "No" in any of these indicators, this highlights specific aspects where your boundaries are not being respected or are lacking.

4. Address Unhealthy Boundaries:

- Use the Signs of Unhealthy Boundaries section to pinpoint specific areas needing improvement. Focus on the aspects where you frequently feel overwhelmed, struggle with saying no, or neglect self-care.

5. Develop an Action Plan:

- Follow the instructions in Part 4 to create a tailored action plan for each area of life. This plan will include identifying specific areas where boundaries are lacking, setting clear limits, and communicating these boundaries effectively.

Action Plan Example: Personal Time

- **Identify Specific Areas:** I feel overwhelmed when I don't have enough personal time.
- **Set Clear Limits:** I will set aside one hour every evening for myself without interruptions.
- **Communicate Clearly:** I will inform my family that this hour is my personal time and I need it to recharge.

- **Enforce Consistently:** I will stick to this routine and address any interruptions calmly by reminding others of my boundary.

6. Implement and Monitor:

- Start implementing your action plans and monitor their effectiveness. Consistency is key. It might be challenging initially, but reinforcing your boundaries will gradually become easier.

7. Regular Check-Ins:

- Schedule regular check-ins to assess your progress. Reflect on what's working and what isn't, and adjust your boundaries and action plans as needed.

8. Seek Support:

- Don't hesitate to seek support from trusted friends, family, or a coach. Discussing your boundaries with someone who understands and respects them can provide additional encouragement and accountability.

9. Celebrate Successes:

- Acknowledge and celebrate the progress you make in setting and maintaining healthy boundaries. Recognizing your achievements can motivate you to continue this positive practice.