



Set Yourself *free* with healthy RELATIONSHIP BOUNDARIES

If you want to better understand emotional boundaries and insure you have healthy limits in your relationships, completing this worksheet will help. **Complete the following questions to sharpen your limits and boundaries knowledge.** Enjoy the freedoms that come with healthy boundaries!

1. **Definition.** In your own words, what is an emotional boundary? _____

2. **Give four examples of socially inappropriate behavior.**

1. _____

2. _____

3. _____

4. _____

3. **Provide four examples of socially appropriate behavior.**

1. _____

2. _____

3. _____

4. _____

4. **Sample Scenario.** Ponder the scenario to answer questions 4 and 5:

You just had an argument with your spouse. You're very upset but you have to get to work. When you arrive, your co-worker, Sally, who's also your friend, notices you're upset and asks you what's wrong. Describe what you could do and say that would demonstrate unhealthy boundaries.

5. **Healthy responses.** Now, write how you can respond that shows you have healthy boundaries:

6. **What are three advantages or freedoms of having healthy emotional boundaries?**

7. **How can you establish and maintain healthy emotional boundaries?** List three ways.

8. **What do healthy boundaries in love relationships look like?** Circle True or False.

The partners may not feel very secure if they both have healthy boundaries. True False

When you go out together, others can tell you're a couple by your loving actions. True False

When there are boundaries in your love relationships, it's okay to ask questions. True False

Having healthy boundaries means you don't want your spouse to be with friends. True False

Spouses in a healthy relationship should think and feel the same way all the time. True False

9. **Heterosexual friendships.** How do you feel about a man and a woman having a platonic friendship? Explore what you think and feel and write it down.

10. **What challenges exist for men and women who want to be "just friends"?**

"Evaluating the benefits and drawbacks of any relationship is your responsibility.
You do not have to passively accept what is brought to you. You can choose."

~ Deborah Day