



MODULE 2

# Healthy Boundary Setting Exercise

Lesson 6



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**Foundations of Emotional Intelligence  
Authentika Academy  
Authentika Consulting Inc.**

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# Healthy Boundary Setting Exercise

## Step 1

### What do you want?

This step focuses on taking time to know what you want. Start small and slowly build your confidence.

Answer the following questions:

- 1) What values are important to you?
- 2) What is most important to you in relationships?
- 3) What bothers you most in relationships?
- 4) What don't you ask for that you secretly want?

Once you've taken the time to identify what you want, give yourself permission to ask for it. We stop ourselves from asking because we fear the other person's response. Will they be upset or disappointed? Communicating healthy boundaries means moving beyond your fear and communicating what you will tolerate and what you won't.

It also means being specific about what that looks like so that others know when they might or have crossed your invisible boundary. It is important to be clear and specific and it isn't about asking other to change. It is about communicating what you need, want and will or won't accept based on your self-worth and self-respect.





## Step 2: Self reflective Boundary Assessment (source: Dr. Deborah Christensen)

Complete the chart with an "x" for a response in one of the categories: never, seldom, sometimes, often or always.

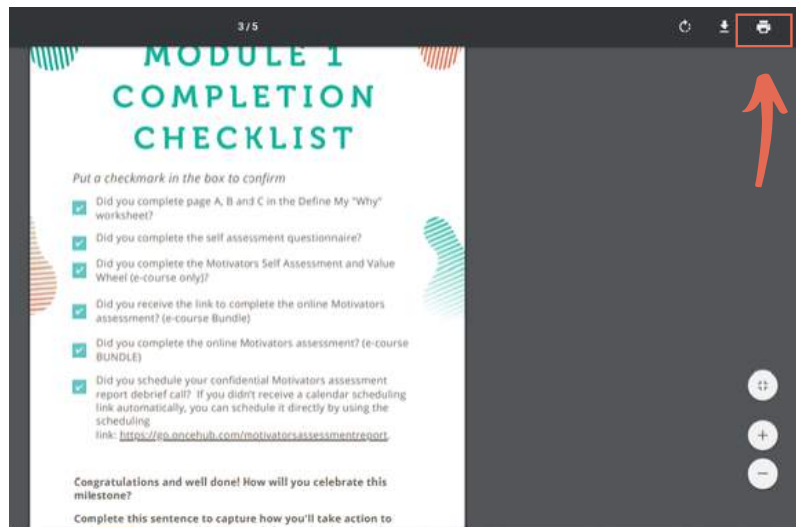
### Boundary Assessment

Symptom/Thought/Belief/Behavior	Never	Seldom	Sometimes	Often	Always
I can't make up my mind.					
I have difficulty saying "no" to people.					
I feel as if my happiness depends on other people.					
It's hard for me to look a person in the eyes.					
I find myself getting involved with people who end up hurting me.					
I would rather attend to others that attend to myself.					
Others' opinions are more important than mine.					
People take or use my things without asking.					
I have difficulty asking for what I want or what I need.					
I lend people money and don't seem to get it back on time.					
Some people I lend money to don't seem to ever pay me back.					
I feel ashamed.					
I would rather go along with another person or other people.					

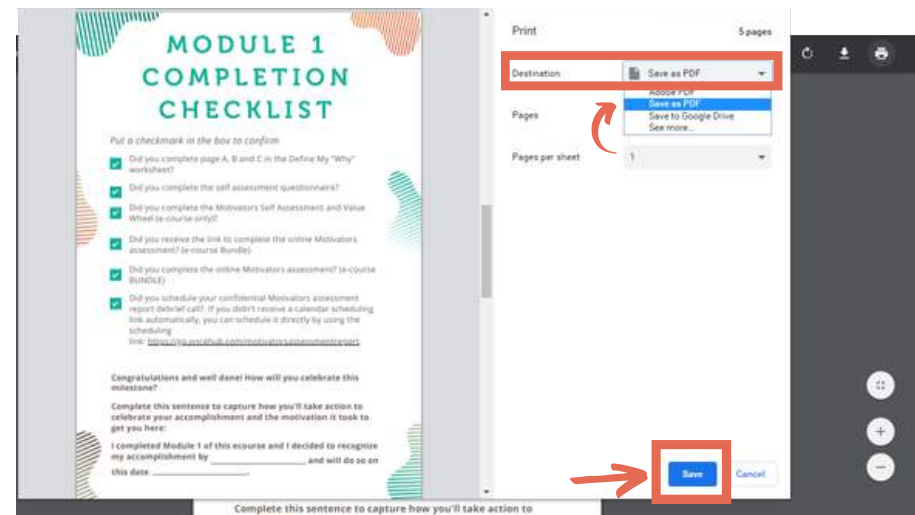
Symptom/Thought/Belief/Behavior	Never	Seldom	Sometimes	Often	Always
I feel bad for being so "different" from other people					
I feel anxious, scared, or afraid.					
I spend my time and energy helping others so much that I neglect my own wants and needs.					
It's hard for me to know what I believe and what I think.					
I feel as if my happiness depends on circumstances outside of me.					
I feel an emptiness as if something is missing in my life.					
I have a hard time knowing what I really feel.					
I find myself getting involved with people who end up being bad for me.					
It's hard for me to make decisions.					
I get angry.					
I don't get to spend much time alone.					
I tend to take on the moods of people close to me.					
I have a hard time keeping a confidence or secret.					
I am overly sensitive to criticism.					
I feel hurt.					
I tend to stay in relationships that are hurting me.					

# Guide on how to save your worksheet

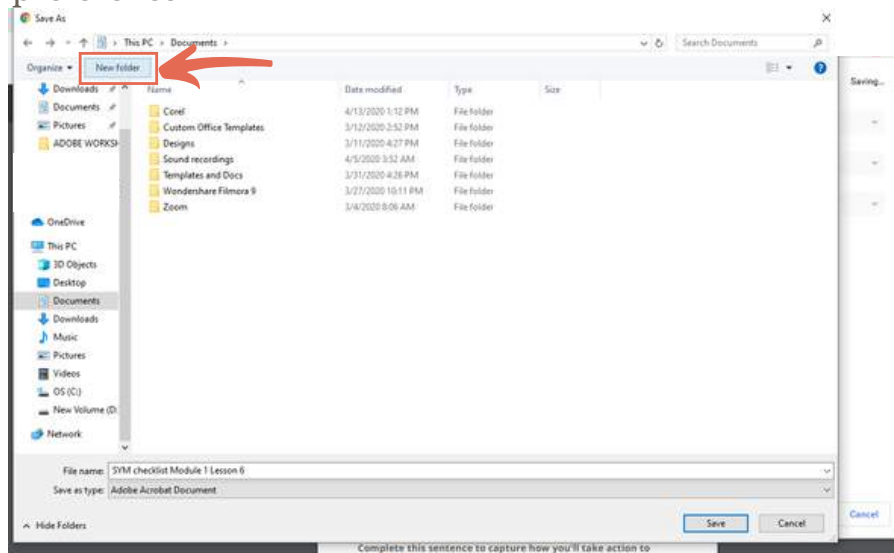
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

