Boundaries Worksheet

Name a limit, find your words and learn from each attempt.



WHY IT HELPS

A boundaries worksheet helps adults describe a situation that takes more time or energy than they want to give, then write a clear limit. Use this printable to choose one boundary, put it into words and keep a record of what happened when you tried it.

HOW TO USE IT

Notice	List draining situations and choose one to address.
Write	Name your limit and the sentence you will use.
Try	Record the request, your response and what followed.

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Keep the request, your words and your action together.

Elena practices a limit

Situation

Last minute rides across town after work.

My limit and sentence

No same day rides after work. I can help when we arrange it the day before.

Two attempts

Date	What happened	My response
July 6	*Late ride request*	*Kept the limit.*
July 9	*Asked during dinner*	*Agreed too quickly.*

Next attempt

Pause and check my plans before answering.

Situations that drain me

Name and date

Be specific about the request

Situation or request	Time or energy it takes	What I want instead

One limit in my words

The situation I chose

My limit

The sentence I will use

An alternative I am willing to offer, if any

My practice log

Keep each attempt with its date

Date	Request and my words	Action and outcome

A detail to remember next time

Review and next attempt

Wording or actions that worked

What made the limit harder to keep

One change and when I will try it

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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