

BOUNDARIES WORKSHEET

Think of a situation where you could benefit from a better boundary.

For example: finding time to exercise, limiting clinical work to work hours, not emailing during personal time, or having your administrative assistant do administrative tasks so that you can focus on other efforts.

1. Describe the situation.

2. What are the areas in competition with each other?

For the exercise example: a home conflict between family-care vs self-care needs. Examples: Getting to bed on time vs work on computer; exercise vs meal with spouse.

3. Describe (don't judge!) the thoughts, emotions, and body sensations you have about these competing priorities.

4. For each commitment, list 2-3 of your personal values regarding that area. Use the chart below.

Commitments: (example: spending time with kids)	Values: (example: enjoy them while they are young, have them know me, know first-hand what's going on with them)

Discuss with a partner:

Next time you are in the situation above, how could you handle it differently?

What is your "game plan"? Write down 1-2 things to remember to help yourself, so that you are spending your time and energy on the things that are most important to you.