

Empowering yourself with healthy boundaries

Boundaries come in many forms, including emotional, physical, time, financial and sexual. When you set healthy personal boundaries, you're valuing yourself and protecting your health and wellbeing.

Use this worksheet to identify boundaries that will help you set expectations for yourself and with others.

Step 1. Self-reflect

Take a moment to think about your current life in terms of your time, emotions and physical space. In the spaces below, write down key themes or thoughts that come to mind.

1. This causes me stress. (Examples: Social media, lack of personal time, world events) _____

2. This makes me feel uncomfortable. (Examples: Speaking in front of others, hugging friends, saying 'no') _____

3. This makes me feel unsafe. (Examples: Walking home alone at night, getting in a car with people who speed, letting my child go somewhere where I can't see them) _____

Step 2. Identify boundaries to make

Review your answers from Step 1. Choose those that stand out most to you. Write them below and consider whether you need to make a new boundary or adjust an existing one.

1. _____
2. _____
3. _____

Step 3. Brainstorm guidelines

For each boundary noted in Step 2, fill in the blanks below.

1. When _____, I feel _____
because _____. What I need is _____.
2. When _____, I feel _____
because _____. What I need is _____.
3. When _____, I feel _____
because _____. What I need is _____.

Step 4. Make a plan

Next, consider ways that you could set the boundary. Fill in the blanks below.

1. What I need is _____. These are ways that I could ask for or get what I need _____.
2. What I need is _____. These are ways that I could ask for or get what I need _____.
3. What I need is _____. These are ways that I could ask for or get what I need _____.

Step 5. Anticipate challenges

Next, consider potential challenges and ways to overcome them. Fill in the blanks below.

1. When I ask for _____, I might face

_____.

To deal with this, I can _____

_____.

2. When I ask for _____, I might face

_____.

To deal with this, I can _____

_____.

3. When I ask for _____, I might face

_____.

To deal with this, I can _____

_____.

Step 6. Follow through

For each identified boundary need, first write down the action(s) you need to take to either set a new one or adjust an existing one. Then consider and write down how you will support yourself in the process.

1. For _____, I will pursue setting the boundary by _____

and support myself through _____

_____.

2. For _____, I will pursue setting the boundary by _____

and support myself through _____

_____.

3. For _____, I will pursue setting the boundary by _____

and support myself through _____

_____.

Keep in mind that it can be challenging to set and maintain boundaries. But it's worth giving yourself the opportunity to try – and to keep trying.

And you can always come back to your answers and this worksheet for a boundary boost or adjustment.

Sources:

DBSA. [8 tips on setting boundaries for your mental health](#).

HelpGuide. [Setting healthy boundaries in relationships](#). 30 Dec 2024.

Trauma Research UK. [Setting boundaries](#). Blog 19 Nov 2024.



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