

# 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 well-being.

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, riding with people who speed, letting my child go somewhere I can't see them)  
\_\_\_\_\_  
\_\_\_\_\_

## Step 2. Identify boundaries to make

Review your answers in Step 1. Choose those that most stand out 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 you could set the boundary. Fill in the blanks below.

1. What I need is \_\_\_\_\_. These are ways I could ask for or get what I need \_\_\_\_\_.
2. What I need is \_\_\_\_\_. These are ways I could ask for or get what I need \_\_\_\_\_.
3. What I need is \_\_\_\_\_. These are ways 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, 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](#). Dec. 30, 2024.

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



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