

Boundaries are an essential element of self-care.

Boundaries are key to protecting our personal resources; time, energy, money etc.	Boundaries are key to establishing what is and is not acceptable in the way that you are treated.
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Where in your life do you need to set, or re-establish boundaries?

Boundaries can be about time, energy, money, how people interact with you, etc. You might also need to set boundaries with yourself.

Consequences of not setting the boundary?

If you choose not to set this boundary, what is the negative impact to you?

Example: *"I feel resentful when my daughter asks to babysit every Saturday, because there are times I want to do something for myself on those days."*

Benefits of setting the boundary?

If you choose to set the boundary, what are the positive benefits to you?

Example: *"I could improve communication with my daughter and reduce my resentment and stress."*

Setting this boundary represents this value or need of mine?

Boundaries are a way to honor our values and needs.

Example: *"I value my relationship with my daughter and this boundary would help to protect it."*

What are your fears or concerns around setting this boundary?

Example: *"My daughter will be angry with me, and think I'm selfish."*

Boundaries Worksheet

How do you balance your concerns/fears with making sure that your needs are met?

Example: "My daughter might be initially upset, but she is constantly telling me that I need to take better care of myself, and this is one way to do just that."

Setting the boundary

Step 1: Determine the boundary - what needs to change and why is it important to you?

Example: 'I need two Saturdays a month free for my activities.'

Step 2: How will you describe the boundary to others?

Example: 'Sally, I know in the past I've babysat for you every Saturday, however I need to change that arrangement to only babysitting on Saturdays twice a month. It is important for me to have time to do things for myself on Saturdays.'

Boundaries Worksheet

Step 3: Determine when you will set the boundary

Example: I will talk to Sally next Saturday when she drops the kids off at my house. I will make sure the kids are busy so we can focus on our conversation.

Step 4: How will I handle pushback or other negative responses?

Example: I will acknowledge that this has an impact on Sally's weekend schedule, and this change is about making sure that my needs are met.

Reflect on your success:

As you start to set new boundaries or re-establish old boundaries, what is different?

What new boundaries do you need to set?

Once you have completed this worksheet, please email it to hello@dietvsdisease.org so it can be uploaded to your file. You are welcome to repeat the worksheet as many times as you want over the program to collate to your progress with this task.