



Relationship & Sexual Boundaries

Use this worksheet to identify areas where a boundary might be needed and create a plan for communicating and maintaining it.

1. NOTICE THE SIGNALS

Boundaries are often needed when something repeatedly feels uncomfortable, draining, or disrespectful. Reflect on a recent situation.

What is a situation that stands out?

Who is involved?

What happened?

How did you feel? (Circle or add your own)

Overwhelmed • Resentful • Disrespected • Pressured • Exhausted • Angry • Uncomfortable • Ignored • Used • Confused • Other: _____

What did your body or emotions tell you in that moment?

2. IDENTIFY THE BOUNDARY

What part of the situation didn't feel okay?

What would you want to be different next time?

The boundary I may need is:

I need/want _____

What type of boundary is it? (Circle or add your own)

Time/Availability • Emotional Energy • Physical Touch • Communication style • Privacy • Work Responsibilities • Sexual • Technology/Phone Access • Other: _____

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3. COMMUNICATE YOUR BOUNDARY

Helpful Formula:

When you _____, I feel _____. I need/will _____ moving forward.

Example: "When plans change last minute, I feel overwhelmed. I need at least a day's notice when possible."

Write your boundary statement:

Who do you need to communicate this to?

When would be a good time to talk to them?

What tone or approach do you feel would be most effective?

Calm & Direct • Collaborative • Firm & Clear • In-Person • Via Phone Call • Via Text • Via Email

4. PREPARE TO ENFORCE THE BOUNDARY

If this boundary is ignored or crossed, I will: (circle one or add your own)

Remind them of the boundary • Leave the situation • End the conversation • Reduce time/contact • Ask for support • Terminate the relationship • Other: _____

Write your enforcement plan:

If this boundary is crossed, I will _____

If someone responds negatively, how will you stay grounded?
