



# BOUNDARY Worksheet

*Make sure to set your boundaries EARLY & CLEARLY.  
It's not a bad thing to ask what you want and don't date a person  
who doesn't agree with your boundaries!*

**DIRECTIONS:**

Listed below are five emotional boundaries.  
In the blanks that follow, write a sentence of how you would communicate this boundary to another person.

## EMOTIONAL BOUNDARIES

1.) If a stranger or acquaintance was being too “pushy or personal” in a social environment, how would you respectfully communicate for them to stop?

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2.) How would you make sure to have comfortable “PERSONAL SPACE” when talking with people?

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3.) How would you communicate “don't touch” to a person who's always touching you?

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4.) How would you get a friend to stop cursing around you all the time?

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5.) How do you deal with an overly critical partner?

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***Other examples of Emotional Boundary setting in a relationship:***

- “When we're talking together, would you please refrain from using your phone?”
- “You know I care about you, but I also need regular “alone time” to myself, as well as maintain some of my other close friendships. OK?”

**DIRECTIONS:**

Listed below are five physical boundaries.  
In the blanks that follow, write a sentence of how you would communicate this boundary to another person.

**PHYSICAL BOUNDARIES**

1.) If your friend / date drives too fast, doesn't stop at stop signs, goes through red lights, etc.  
How would you communicate to them you feel unsafe?

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2.) Your date wants to watch some R-rated movies that you know contain a lot of sexual scenes.  
You are quite uncomfortable. What do you say?

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3.) Your new friend keeps texting you every day; sometimes multiple times in an hour.  
How do you handle this?

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4.) You and your date are on a walk. You see a condemned building with a "Do Not Enter" sign but  
your date wants to explore the building anyway. What do you do/say?

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5.) You have been going out with this person for a few weeks and you've been getting along well  
AND you're attracted to them. But they keep touching you inappropriately and you are not ready  
for more. How do you handle this?

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***Other examples of Physical Boundaries in a relationship:***

(LovelsRespect.org)

- I'm cool with following each other on social media, but not with sharing passwords.
- I'm comfortable kissing and holding hands, but I'm not ready for anything more.