

## PERSONAL BOUNDARIES

- PHYSICAL:** Your personal space. All levels of intimacy/physical touch. What goes into us, anything that affects our physical being. Awareness of what is appropriate and what is not in various settings and types of relationships. **Describe your boundaries:**
- PSYCHOLOGICAL:** Information about yourself, thoughts, beliefs, ideas and values. Who knows this. When this is shared. **Describe your boundaries:**
- EMOTIONAL:** Feelings and their ability to be leveraged or manipulated. Not taking on others' distress or expecting them to take on yours. Who knows about your feelings and how they are shared. **Describe your boundaries:**
- SEXUAL:** Physical, psychological & emotional aspects of sexuality. Mutual understanding and respect of limitation and desires. (Should be communicated with partner). **Describe your boundaries:**
- SPIRITUAL:** Ability to choose your own religion, higher power, spiritual life. Who knows about your spiritual life and how it is shared. **Describe your boundaries:**
- BIOGRAPHICAL:** Your history and life story. What to tell others about your life. **Describe your boundaries:**
- GENERAL:** Anything that defines and differentiates you as separate from others. Includes material possessions (setting limits on what you will share and with whom) and time (how a person uses their time). **Describe your boundaries:**

Identify what boundaries may be negotiable in some situations?

Identify what boundaries are non-negotiable to you?

Describe how establishing and maintaining boundaries can build and maintain your self-respect?

Describe how your life will be different when you establish and maintain effective boundaries?