

Boundaries worksheet

What do you feel are YOUR roles and responsibilities in your home? In your family? In your marriage? In your work?

What do you expect your home to feel like? Look like? Run like?

What is currently happening in your home, work, relationships that makes you feel taken advantage of, used, not respected or unsafe?

Where are your absolute limits? What do you NOT feel like you need to do or should have to do?

What do you need others in your family, your work, or your relationships to do or not do so that you feel safe, heard, and valued?

Considering your answers, write out clear boundaries that express the roles and responsibilities you ARE willing to take on. Then, write out what you are no longer willing to do. Also, write down clear expectations of what you need from your relationships and family to make you feel valued and respected. Identifying and writing them down is the first step to establishing these boundaries in your life, to help you create the life you want and deserve.

Coordinating Chaos