

Understanding Personal Boundaries

Personal boundaries can be organized into three main categories. Understanding and identifying these categories can help you make clearer decisions about your comfort levels in different situations.



Acceptable

Actions, behaviors, or situations that feel comfortable and aligned with your values

- These feel right to you
- They match your personal values and beliefs
- You feel safe and respected
- You maintain your sense of self
- You can freely express your thoughts and feelings



Gray Area

Situations where you feel uncertain or conflicted, and further exploration is needed

- You feel unsure or ambivalent
- Your comfort level varies depending on context
- You need more information or time to decide
- Your feelings are mixed or complex
- You sense a need for discussion or clarification



Unacceptable

Actions, behaviors, or situations that cross your boundaries and feel wrong or harmful

- These violate your personal values
- They make you feel unsafe or disrespected
- They compromise your wellbeing
- They cause emotional or physical discomfort
- They go against your clearly stated limits

Remember:



- Boundaries can change over time
- Different contexts may require different boundaries
- It's okay to move things between categories as you learn more about yourself

- Your boundaries deserve respect
- You can say "no" to anything that doesn't feel right
- Trust your instincts when something feels wrong
- Take time to explore uncertain feelings in your gray areas

Personal Boundaries Worksheet

Name: _____ Date: _____



Acceptable

Actions, behaviors, or situations that feel comfortable and aligned with your values

1. _____
2. _____
3. _____
4. _____
5. _____



Gray Area

Situations where you feel uncertain or conflicted, and further exploration is needed

1. _____
2. _____
3. _____
4. _____
5. _____



Unacceptable

Actions, behaviors, or situations that cross your boundaries and feel wrong or harmful

1. _____
2. _____
3. _____
4. _____
5. _____