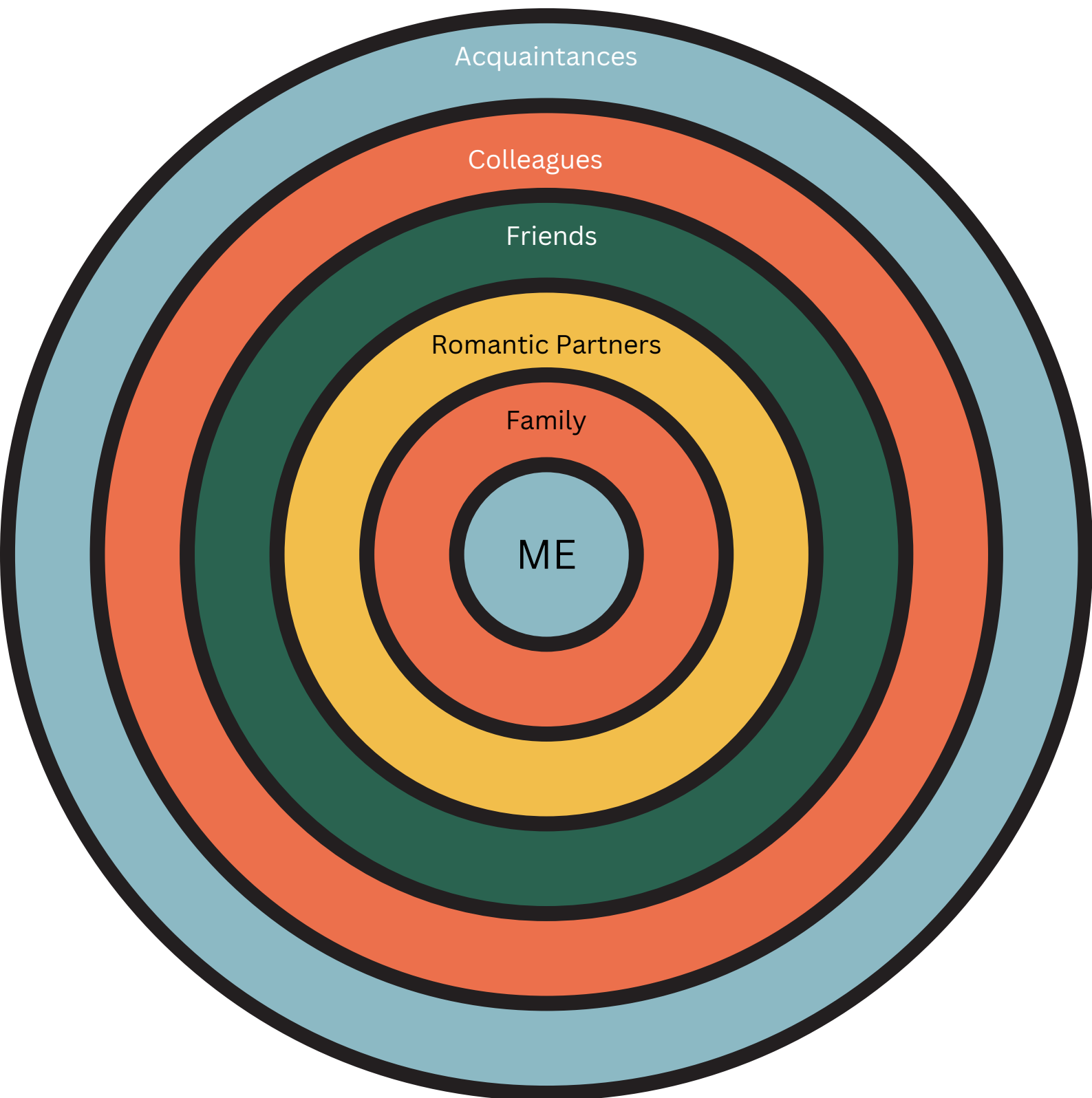




Boundaries Circle Worksheet



Boundaries Circle Worksheet

Defining the Circles

Circle 1: The Innermost Circle is YOU

Circle 2: Family

Outline your boundaries with family members, including parents, siblings, and extended relatives. Consider topics like privacy, personal decisions, and emotional support.

Circle 3: Romantic Partners

Identify your boundaries in romantic relationships, including expectations around trust, communication, and personal space. Reflect on what makes you feel comfortable and secure in a romantic partnership.

Circle 4: Friends

Define your boundaries with close friends and individuals you feel comfortable sharing more personal aspects of your life with.

Circle 5: Colleagues

Establish your boundaries with coworkers and professional acquaintances. Consider the level of personal information you are willing to share and define appropriate work-life boundaries.

Circle 6: Acquaintances

Describe your boundaries with people you have minimal interaction with or are just getting to know. Consider physical boundaries, such as personal space and touch, as well as emotional boundaries, like sharing personal information.



Define Desired Boundaries with Family Members

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Define Desired Boundaries with Romantic Partners

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Define Desired Boundaries with Friends

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Define Desired Boundaries with Work Colleagues

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Define Desired Boundaries with Acquaintances

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.