

Setting Boundaries With Family Worksheets

Name: _____ Age: _____

Objective: To help you understand the importance of setting boundaries with family members and provide practical guidance for establishing and maintaining healthy boundaries within your family relationships.

Part 1

Instruction: Please select the most applicable option for each question.

1. When it comes to setting boundaries with family, I feel:
 - ☐ Confident and in control.
 - ☐ Somewhat uncertain but willing to learn.
 - ☐ Overwhelmed and unsure where to start.
2. In my family, I have encountered situations where boundaries are frequently crossed, and it has resulted in:
 - ☐ Minimal or no negative consequences.
 - ☐ Some discomfort and tension.
 - ☐ Significant stress, conflict, or frustration.
3. My approach to addressing boundary issues with family members is typically:
 - ☐ Proactive, and I address them promptly.
 - ☐ Reactive, waiting until issues become unbearable.
 - ☐ Avoidant, as I fear conflict or negative reactions.
4. I believe that setting boundaries with family is important because it:
 - ☐ Enhances family relationships and fosters understanding.
 - ☐ Can help reduce tension and conflicts.
 - ☐ Seems challenging and may not be worth the effort.
5. When I think about setting boundaries with family, my primary emotion is:
 - ☐ Optimism and a desire for positive change.
 - ☐ Apprehension mixed with a sense of necessity.
 - ☐ Anxiety and discomfort.