BOUNDARIES

Boundaries Worksheet: 6 Free Printable Exercises (PDF)

Published March 8, 2026 Updated November 2, 2026 12 min read



Reviewed by **Andrea Barthwell, M.D., D.F.A.S.A.M.** | Addiction Medicine Specialist | Medical Reviewer

A boundaries worksheet is a set of written prompts that help you spot where your limits are being crossed, decide what you want instead, and plan what to say. This page has six free worksheets to print or save as a PDF: an inventory, a clarity framework, a conversation planner, a weekly tracker, a values check, and a rights reminder.

Most advice about boundaries is abstract. “Know your limits.” “Communicate clearly.” “Be consistent.” That’s fine, but it doesn’t tell you what to do on a Tuesday afternoon when your mother calls for the third time and you can’t figure out why you feel so drained afterward.

A boundaries worksheet gives you something concrete. A place to write down what’s happening, what you’re feeling, and what you want to change. It turns the vague idea of “better boundaries” into specific steps you can take this week. If you’re new to all this, the complete guide to boundaries (/boundaries/) covers the foundations. This page is about doing the work on paper.

Why a boundaries worksheet actually helps

Writing things down forces clarity. When a boundary issue lives only in your head, it stays tangled up with emotions, assumptions, and half-formed thoughts. When you write it out, you have to get specific. You have to name the person, the behavior, and the feeling. That specificity is what makes change possible.

Research in cognitive behavioral therapy supports this. Externalizing your thoughts onto paper creates distance between you and the problem. You stop being the person drowning in

resentment and start being the person looking at a solvable puzzle.

These worksheets are designed to be practical, not therapeutic busywork. Each one targets a specific skill you need for boundary-setting: identifying your limits, planning conversations, and tracking your progress over time.

Print this boundaries worksheet or save it as a PDF

You do not need to buy anything or hand over your email to use any of this. Every exercise here is free and written to be filled in by hand.

If you want a paper copy, print this page straight from your browser. On most computers that is Cmd+P on a Mac or Ctrl+P on Windows. In the print dialog, choose “Save as PDF” as the destination instead of a printer, and you have a PDF version to keep, reuse, or open on your phone. Print a fresh copy of the weekly tracker for each week you plan to track.

These are boundaries worksheets for adults, built for real work, family, and relationship limits rather than a classroom handout. A filled-in page also gives a therapist a concrete place to start, if you are doing this work alongside counseling.

If you just want a single sheet, copy these seven prompts onto one page and print that. They pull the core of all six worksheets into a quick pass you can redo any time a new boundary issue comes up:

1. The situation, in plain facts: _____
2. What it costs me, the feeling and the fallout: _____
3. The limit I actually want: _____
4. The words I will use: _____
5. What I will do if it gets crossed: _____
6. The value this protects: _____
7. When and where I will say it: _____

Fill it in for one boundary at a time. When you can answer all seven lines without flinching, you are ready to have the conversation.

Worksheet 1: The boundary inventory

This is where you start. Before you can set better boundaries, you need to know where your current ones are leaking.

For each area of your life, answer these three questions:

Relationships (partner, family, friends):

1. What does this person do that regularly leaves me feeling drained, resentful, or anxious?
2. What have I been tolerating that I wouldn't advise a friend to tolerate?
3. If I could change one thing about how this relationship works, what would it be?

Work:

1. When was the last time I did something at work I didn't want to do and couldn't say no to?
2. What is my biggest energy drain at work right now?
3. What would a "reasonable" version of my job look like compared to what I'm actually doing?

Personal (time, energy, body, digital life):

1. How often do I say yes when I want to say no?
2. What am I spending time on that doesn't reflect my actual priorities?
3. Where am I giving more than I have to give?

Go through each section honestly. Don't edit yourself. The goal is to get a clear picture of where you're overextended, not to write answers that sound healthy. You can take the Boundary Style Quiz (/quiz/) alongside this exercise to see how your patterns compare to common boundary styles.

Worksheet 2: The boundary clarity framework

Once you've identified where your boundaries are weak, this framework helps you define what the boundary actually is. Most people skip this step. They know they're unhappy but haven't gotten specific enough about what needs to change.

For each issue you identified in Worksheet 1, fill in this framework:

The situation: (Describe what happens. Be factual, not emotional.)

Example: "My sister calls me every evening during dinner and expects me to talk for 30 or more minutes."

How it affects me: (Name the feeling and the consequence.)

Example: "I feel guilty if I don't pick up, and resentful if I do. Dinner gets cold. My partner feels ignored."

The boundary I want to set: (State it as a clear, specific limit.)

Example: "I will not answer phone calls during dinner. I will call my sister back at 8 pm on Tuesdays and Thursdays."

What I will say: (Write the actual words.)

Example: "Hey, I love talking to you, but I can't keep picking up during dinner. Can we set up a regular call on Tuesday and Thursday evenings at 8? That way I can actually focus on our conversation."

What I will do if the boundary is crossed: (Your follow-through plan.)

Example: "If she calls during dinner, I won't answer. I'll text her saying I'll call her on our next scheduled day."

This framework works for any boundary situation. Use it for boundaries with family (/boundaries/with-family/), with coworkers, with friends, or with yourself. The key is completing every

section. A boundary without a plan for what happens when it gets crossed isn't really a boundary. It's a wish.

Worksheet 3: The conversation planner

Setting a boundary usually means having a conversation you've been avoiding. This worksheet helps you prepare for that conversation so you don't freeze up, over-explain, or back down.

Who am I talking to?

What is the boundary I'm setting? (Copy from Worksheet 2.)

When and where will I have this conversation? (Choose a time when you're calm and the other person isn't distracted or stressed.)

My opening line: (Write it out word for word. This is the hardest part, so having it ready matters.)

Their most likely response: (Be realistic. What will they probably say?)

My response to their pushback: (Write this out too. Prepare for the second round.)

My bottom line: (What's non-negotiable? What am I willing to be flexible on?)

How I'll end the conversation: (Have an exit plan. "I appreciate you hearing me out. Let's try this and check in next week.")

The conversation planner isn't about scripting every word. It's about reducing the anxiety that comes from not knowing what you'll say. When you've rehearsed the hardest parts, the actual conversation feels much more manageable.

For more ready-made scripts, the saying no without guilt (/saying-no/without-guilt/) guide has dozens of templates for different situations.

Worksheet 4: The weekly boundary tracker

Setting a boundary is one event. Maintaining it is a practice. This tracker helps you build consistency by logging your boundary moments each week.

Create a simple table or use a notebook page with these columns:

Day | Situation | What I did | How I felt | What I'd do differently

Fill it out at the end of each day. It takes two minutes. Here's what a sample entry might look like:

Wednesday | Boss asked me to cover a shift on my day off | Said yes even though I didn't want to | Frustrated with myself, tired the next day | Next time, say "I'm not available that day, but I can help find someone else"

After a week, review your entries. Look for patterns:

- Which situations keep recurring?
- Which people are hardest to set boundaries with?
- Where did you hold your ground, and what made it easier?
- Where did you cave, and what was going through your mind?

This tracker is especially powerful over time. After a month, you'll see real progress. You'll notice that situations that used to make you cave are getting easier. You'll also notice your trouble spots, the people and situations where you consistently struggle.

Worksheet 5: The values and boundaries alignment check

Your boundaries should reflect your values. If they don't, you'll have a hard time maintaining them because they'll feel arbitrary rather than meaningful.

Step 1: List your top 5 values.

These might include things like family time, health, honesty, career growth, creative expression, independence, or financial security. Pick the five that matter most to you right now.

Step 2: For each value, identify one boundary that protects it.

Example:

- Value: Health. Boundary: I don't check work email after 7 pm so I can decompress.
- Value: Family time. Boundary: Weekends are for family. I don't schedule social obligations every Saturday.
- Value: Honesty. Boundary: I don't say "I'm fine" when I'm not. I tell people what I actually need.

Step 3: Rate each boundary on a scale of 1 to 5.

1 = I almost never maintain this boundary. 5 = This boundary is solid and consistent.

Step 4: For any boundary rated 3 or below, go back to Worksheet 2 and work through the clarity framework.

When your boundaries are connected to your values, they stop feeling like restrictions and start feeling like protection for what you care about most. This shift makes them much easier to maintain.

Worksheet 6: The boundary rights reminder

Sometimes you need a reminder that you're allowed to have boundaries in the first place. This worksheet is less of an exercise and more of a reference page. Write these out in your own handwriting and keep them somewhere visible. A line from our boundaries quotes (/boundaries/quotes/) can go on the same page if one speaks to you.

I have the right to:

- Say no without giving a reason
- Change my mind, even if I already said yes
- Ask for what I need without feeling selfish
- Take time before responding to a request
- End a conversation that's making me uncomfortable

- Spend my time and energy according to my priorities
- Feel angry, sad, or hurt without being told I'm "too sensitive"
- Choose who I spend time with
- Protect my physical space and personal belongings
- Disagree without it becoming a fight

If reading that list made you uncomfortable, that's worth paying attention to. The items that feel hardest to accept are usually the areas where your boundaries need the most work.

For a deeper look at common patterns that make boundary-setting difficult, our guide on boundary issues (/boundaries/boundary-issues/) explains where these struggles come from and how to address them.

How to use these worksheets effectively

Start with Worksheet 1, but don't try to fix everything at once. Pick your top one or two boundary issues and work those through Worksheets 2 and 3 before moving on. Trying to overhaul every relationship at once leads to burnout and inconsistency.

Write by hand if you can. Research shows that handwriting activates different cognitive processes than typing. You're more likely to retain what you write and to process the emotions that come up.

Keep the relationship separate from the limit. These six are about naming and holding a limit. If the harder question is whether one particular relationship is working at all, the healthy relationships worksheets (/boundaries/healthy-relationships-worksheets/) run a different method: you log events for two weeks and read the record back rather than rating anything.

Revisit monthly. Your boundaries will shift as your life changes. A boundary that felt impossible three months ago might feel natural now. A situation that wasn't an issue before might need attention. Use the worksheets as a living document, not a one-time exercise.

Share with a therapist or trusted person. These worksheets work on their own, but they're even more effective when you discuss your answers with someone who can reflect back what they see. A therapist, a close friend, or a partner who supports your growth can all fill that role.

Pair it with ready-made scripts. Once a worksheet helps you decide what to say, the Scripts Generator (/scripts/) builds the exact wording for you, sorted by who you are talking to and what the situation is. The worksheet does the thinking. The scripts tool does the phrasing.

Read something longer alongside the practice. A worksheet gets you through the next conversation. A book explains why the pattern formed in the first place, which is what stops it from coming back. We reviewed 12 books on boundaries sorted by situation (/boundaries/books/), so you can pick the one that matches the relationship giving you trouble instead of reading all of them.

When worksheets aren't enough

Paper exercises have limits. If your boundary struggles are rooted in childhood patterns, trauma, or deeply ingrained people-pleasing habits (/people-pleasing/), worksheets alone won't resolve them. They're a tool, not a treatment.

Signs you might benefit from professional support:

- You can identify your boundaries on paper but feel physically unable to enforce them
- Setting even small boundaries triggers intense anxiety or guilt
- Your boundary issues are concentrated around one relationship that feels unsafe
- You've been working on boundaries for months and nothing is changing

A therapist who specializes in boundaries, assertiveness, or relational patterns can help you work through the deeper layers that worksheets can't reach. These exercises are a complement to that work, not a replacement for it.

If you want to see how your emotional boundaries (/boundaries/emotional/) compare to your interpersonal ones, that guide breaks down the difference and offers targeted strategies for each type.

Frequently asked questions

Do boundary worksheets actually work?

Yes, when used consistently. The act of writing forces specificity, which is the ingredient most people are missing. Vague intentions like "I need to be better at boundaries" don't lead to change. Specific plans like "I will tell my boss I'm unavailable after 6 pm, and if they email me, I will respond the next morning" do. Worksheets bridge the gap between knowing you need boundaries and actually setting them.

How often should I fill out boundary worksheets?

Start with the inventory and clarity worksheets once, then use the weekly tracker consistently for at least a month. After that, revisit the full set whenever you notice a new boundary issue developing, or monthly as a check-in. The tracker is the most important one to maintain regularly.

Can I use these worksheets for boundaries with myself?

Absolutely. Self-boundaries (things like screen time limits, sleep schedules, spending habits) follow the same framework. Use the clarity worksheet to define the boundary, the values worksheet to connect it to what matters to you, and the tracker to monitor your consistency. Our guide on boundaries with yourself (/boundaries/with-yourself/) pairs well with these exercises.

Is there a printable PDF version of this boundaries worksheet?

Yes, and you do not need to pay or sign up for it. Print this page directly from your browser (Cmd+P on Mac, Ctrl+P on Windows), and in the print dialog choose "Save as PDF" to keep a digital copy. Every exercise is written to be filled in by hand, so a printed or saved page works the same as any downloadable worksheet.

Are these boundaries worksheets for adults?

Yes. These are written for adults setting limits at work, with family, in relationships, and with their own habits. They are not classroom or child-focused handouts. Many people also bring a filled-in page to a therapy session, since it gives a counselor a concrete place to start.

More worksheets and workbooks

If this one helped, the other practice pages here work the same way, one skill at a time:

- People pleasing worksheet (/people-pleasing/worksheet/): catch the yes-when-you-mean-no habit and trace where it started.
- Codependency worksheets (/codependency/worksheets/): sort out whose feelings are whose and where you end.
- Saying no worksheet (/saying-no/worksheets/): break the automatic yes and build a no you can actually say.
- Assertiveness workbook (/assertiveness/workbook/): a longer, module-by-module build for speaking up over several weeks.
- Attachment style worksheets (/boundaries/attachment-style-worksheets/): six exercises for the pattern underneath the boundary problem.

Content reviewed by Dr. Barthwell, addiction medicine specialist. This article is for informational purposes only and is not a substitute for professional therapy or counseling.

This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified health provider with any questions you may have regarding a medical condition.