

BUILDING BOUNDARIES THROUGH JOURNALING

JOURNAL PROMPTS:

1. Examine any boundaries that may already exist in your life, as well as areas in your life where there aren't many clearly defined boundaries. (10 minutes)
2. Why do you believe it is important to set boundaries with others and yourself? (10 minutes)
3. What are some of your barriers in setting boundaries? (10 minutes)
4. How does your body feel when you set a boundary between yourself and another person, e.g., heart races, feelings of guilt arise? (5 minutes)
5. Identify one person with whom boundaries are needed and practice what you might say to this person when building a boundary. (Group discussion)
6. Name 3 areas in which you wish to build boundaries:

a.

b.

c.

PROCESSING ACTIVITY

Imagine what it would feel like for others to respect your boundaries; translate this feeling onto paper using watercolors or cray-pas.