

# BOUNDARIES & VALUES

## Checklist and Violations

This worksheet will help you evaluate your values, that is, what matters most to you in this season of life, and whether those values are being honored or crossed.

## VALUES

The lines we draw in the metaphorical sand do not need to be perfectly defined. It simply helps to know what you hold dear, what feels non negotiable, and what can be compromised without losing yourself. We will rate each value using an importance scale:

1 = not very important right now

2 = mildly important

3 = important

4 = very important

5 = non negotiable

Any **value** you rate 4–5 that's being crossed is showing you where a **boundary** may need to be clearer.

## RESPECT

**What it is:** Basic human regard, even during disagreement.

**What it looks like:** Spoken to without sarcasm or contempt. My no is heard.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## HONESTY

**What it is:** Truth without games.

**What it looks like:** No half truths, no rewriting what was said later, owning mistakes.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## TRUST

**What it is:** Emotional steadiness and safety with someone.

**What it looks like:** I feel safe to be myself and I do not have to second guess everything.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## EMOTIONAL SAFETY

**What it is:** The right to have feelings without punishment.

**What it looks like:** I can express a feeling without being mocked, punished, or blamed for someone else's mood.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## DIGNITY

**What it is:** Being treated as worthy and equal.

**What it looks like:** No shaming, name calling, humiliation, or private information used as a weapon.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## FAIRNESS

**What it is:** Shared responsibility and balanced standards.

**What it looks like:** Rules apply both ways, and accountability is shared.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## AUTONOMY

**What it is:** Freedom to choose without fear or guilt.

**What it looks like:** I can pause, think, decide, and say no without pressure or guilt trips.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## INTEGRITY

**What it is:** Actions matching words.

**What it looks like:** Promises mean something, repair is real, behavior is consistent.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## RELIABILITY

**What it is:** Steadiness over hot and cold.

**What it looks like:** Follow through, clear communication, no vanishing acts.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## KINDNESS WITH BOUNDARIES

**What it is:** Care without self abandonment.

**What it looks like:** I can be caring without rescuing, over giving, or losing myself.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## SELF RESPECT

**What it is:** Staying loyal to myself.

**What it looks like:** I do not shrink, perform, or over explain to keep the peace.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## SELF TRUST

**What it is:** Taking my instincts seriously.

**What it looks like:** I listen to my body signals and I do not dismiss my '*something feels wrong*'.

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

## ADD YOUR OWN

**Ideas:** peace, privacy, loyalty, equality, accountability, growth, compassion, courage, stability, respectful communication, generosity, humor/play, family, health, faith/spirituality, creativity, justice, independence, belonging, learning, service.

Value 1: \_\_\_\_\_

What it is: \_\_\_\_\_

What it looks like: \_\_\_\_\_

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

Value 2: \_\_\_\_\_

What it is: \_\_\_\_\_

What it looks like: \_\_\_\_\_

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

Value 3: \_\_\_\_\_

What it is: \_\_\_\_\_

What it looks like: \_\_\_\_\_

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

Value 4: \_\_\_\_\_

What it is: \_\_\_\_\_

What it looks like: \_\_\_\_\_

**Importance (1–5):** 1  2  3  4  5

**Currently crossed:**  yes  sometimes  no

# BOUNDARIES

Boundaries are not walls. They are doors you choose when and how to open.

Where in my life do I feel most at ease and respected:

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Where do I feel tension, confusion, or resentment:

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What feels unsettling or uneasy most often:

<input type="checkbox"/> tone	<input type="checkbox"/> jokes/humor	<input type="checkbox"/> being rushed/pressured
<input type="checkbox"/> being ignored	<input type="checkbox"/> being blamed	<input type="checkbox"/> hot and cold behavior
<input type="checkbox"/> mixed messages	<input type="checkbox"/> lack of follow-through	
<input type="checkbox"/> other:		

## Part 3: Types of boundaries

Looking at one particular situation at a time, you may be able to identify which boundary is being crossed and would benefit from being re-established or strengthened. Here are some types of boundaries. Tick any that you recognize and want to give some attention to:

- Physical (space, touch, rest)
- Emotional (feelings, vulnerability, emotional safety)
- Mental / cognitive (opinions, beliefs, freedom to disagree)

- Conversational (topics, humor, interruptions, tone)
- Time and energy (availability, responsiveness, demands)
- Digital (messages, calls, access)
- Shared boundary (agreement we co-create)

## Part 4: The boundary I want to strengthen

One boundary I've been avoiding, softening, or struggling to hold:

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This may be because I am afraid of:

<input type="checkbox"/> rejection	<input type="checkbox"/> conflict	<input type="checkbox"/> guilt
<input type="checkbox"/> being misunderstood	<input type="checkbox"/> other:	

The boundary I'm ready to practice this week:

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What it protects (value/need):

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## Part 5: What it will sound like

Choose a boundary line you could say calmly, then adapt it in your own words.

- I'm not comfortable discussing that right now.
- I need some time to think, and I'll come back to this when I'm ready.
- That joke doesn't sit well with me, please don't use that around me.
- I'm not available tonight.
- I want to stay in touch, but I need some space for a while.
- When I say no, I need that to be respected the first time.

My wording (in my voice):

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## Part 6: Follow-through

If it isn't respected, I will:

*(Example: repeat once calmly, end the conversation, respond later, reduce access, seek support.)*

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**Repeat this worksheet whenever your values or boundaries feel blurred. They are not gone, they simply need bringing back into view.**