

Boundaries as Protective Fences: Worksheet

1. Boundary Mapping Exercise

Draw a simple property map of your life with the following areas:

- Work/Professional
- Family
- Friendships
- Personal time
- Physical space
- Digital space

For each area, answer:

- Where do I need stronger boundary "fencing"?
- Where might my fences be too rigid?
- What "gates" should I intentionally include?

2. Values as Boundary Stakes

List your 3-5 core values that should inform your boundaries:

1. _____
2. _____
3. _____
4. _____
5. _____

For each value, note one boundary that protects this value: Example: *Value: Family connection*
→ *Boundary: No work emails after 7 PM*

3. Boundary Communication Phrases

Practice writing clear, unapologetic boundary statements for challenging situations:

Situation: _____ Boundary statement: _____



Situation: _____ Boundary statement: _____

4. Temperance Toolbox Inventory

Which self-control tools do you already possess? Check all that apply:

- Ability to pause before responding
- Awareness of emotional triggers
- Capacity to say "no" without guilt
- Clear communication of needs
- Regular self-reflection practice
- Stress management techniques

Which tools would you like to develop further? List specific actions to strengthen these:

Tool to develop: _____ Action step: _____

5. Weekly Boundary Maintenance Plan

Choose one day each week to "walk your boundary fence" with these reflection questions:

- Where did I maintain healthy boundaries this week?
- Where did my boundaries weaken?
- What specific repair or reinforcement is needed?
- What support do I need to strengthen this boundary?

6. Boundary Success Tracking

Note a recent situation where you successfully maintained a boundary:

- What helped you maintain this boundary?
- How did it feel in the moment?
- What positive outcomes resulted?
- How can you apply this success to other areas?

Remember: Boundaries aren't about building walls—they're about creating sacred space where your authentic self can thrive.