

Setting Healthy Boundaries Worksheet

Client Name: _____ Date: _____ dd / mm / yyyy

This worksheet is designed to help you explore and establish healthy boundaries in your healthcare journey. Please take some time to reflect and respond to the following questions and exercises. Your answers will remain confidential.

SELF-REFLECTION

What brings you to therapy/healthcare today? Describe the primary reasons you are seeking healthcare or therapy.

What are your healthcare goals and expectations? List the outcomes you hope to achieve through this process.

UNDERSTANDING BOUNDARIES

Define "boundaries" in your own words. How do you understand the concept of boundaries in the context of healthcare?

How have unclear or violated boundaries affected your healthcare experiences in the past? Reflect on any previous situations where boundaries were an issue.

IDENTIFYING BOUNDARIES

List specific areas where you feel the need to establish boundaries in your healthcare journey. Examples: Privacy, treatment decisions, communication with healthcare providers, etc.

Describe your ideal boundaries in each of these areas. What would healthy boundaries look like to you?

EFFECTIVE COMMUNICATION

How comfortable do you feel communicating your needs and concerns with healthcare providers? Rate your comfort level on a scale of 1 (not comfortable) to 5 (very comfortable).

1 2 3 4 5

What challenges or fears do you face when assertively communicating your boundaries?

BOUNDARY SETTING STRATEGIES

List at least three strategies you can use to set and maintain healthy boundaries in your healthcare interactions.

How will you implement these strategies in your healthcare journey?

GOAL SETTING

Set one or more specific goals for improving boundary-setting and self-advocacy in your healthcare journey. Example: "I will clearly express my treatment preferences during my next healthcare appointment."

How will you measure your progress towards these goals?

SELF-CARE PRACTICES

List three self-care practices to help you maintain your boundaries and overall well-being during your healthcare journey.

How will you incorporate these self-care practices into your routine?