



Boundaries Inventory

In your journal, list each of the five types of boundaries found below, and for each one, write down some of your expectations or guidelines. The questions are provided to guide you in discerning your boundaries in each of these areas.

Physical: boundaries you set about your body, touch, physical personal space, what you eat and drink.

- How comfortable am I being touched by others, and in what ways (hugs, handshakes, fist bumps, and so on)?
- Who am I comfortable being touched by? How do I verbally and nonverbally express consent to be touched?
- How do I like to communicate when I am sexually intimate? What am I comfortable doing in these situations?
- Am I comfortable inviting others into my personal space (home, work office, and so on)?
- What foods and drinks do I not want to have?
- How do I prioritize my physical health needs (eating well, getting enough sleep, time for exercise, and so on)?

Emotional: boundaries regarding what you're comfortable sharing with others, how emotionally available you are to others, and how much time and energy you spend on yourself emotionally versus others.

- Who do I turn to when I need to discuss something personal?
- Who am I not comfortable sharing emotionally charged information with?
- When do I make time for my own self-care?
- How much can I give to someone who needs more support from me than I can offer?
- How do I process my own emotions?
- What emotional coping strategies do I use and when do I need to use them?

Intellectual: boundaries about your own thoughts, values, opinions, and interests.

- What topics do I feel comfortable discussing?
- Which topics are off limits?
- When do I need to walk away from a discussion?
- What do I need to feel respected in a conversation or disagreement?

Experiential: boundaries about how much time you spend with people and in certain activities, and how much of your resources you wish to share (such as how you manage money and lend/give materially).

- What types of activities take priority when I am busy?
- How do I like to spend my free time (in solitary activities as well as with others)?
- When and for which activities will I make space to do things other people want to do?
- What types of projects and activities do I have to respectfully say no to?

- What are my needs and limits around spending (or saving) money?
- What am I willing to share in terms of financial resources and material goods with friends, family, and those in need?

Spiritual: boundaries that have to do with your right to believe in what you want, explore and practice spiritual activities that are of value to you, and to communicate and share your ideas about the meaningfulness of life and belief in a higher power or something bigger than yourself.

- What spiritual or religious practices are important to me?
- When do I make time for spiritual or religious practices?
- In what ways do I need or want to communicate these ideas to others who may differ from me in their worldview?
- Under what circumstances am I able to listen to the beliefs of others?

Bonus Exercise: One Thing Today for Healthier Boundaries

After completing this boundary assessment, ask yourself, “What is one thing I can do to honor my boundary in any of these areas?” Commit to doing it in the next twenty-four hours, whether it involves communicating your boundary to another person or acting in a way that is consistent with one of your boundary preferences.