



Session 6

Visualizing Your Boundaries Worksheet

This worksheet is designed to help you visually understand and establish your boundaries. It involves drawing your boundaries in relation to different areas of your life.

1. **Create Circles:** Draw several circles on a piece of paper, each representing a different area of your life (work, family, friends, personal time, etc.).
2. **Identify Boundaries:** In each circle, write down the boundaries you want to set for that area. For example, in the "work" circle, you might write "no work emails after 6 PM."
3. **Color Coding:** Use different colors to indicate boundaries you feel good about (green), boundaries you're working on (yellow), and areas where you need to establish new boundaries (red).
4. **Action Plan:** Below each circle, write an action plan for how to enforce these boundaries. For example, "Inform my team about my new email policy and set an automatic response for emails received after 6 PM."