

Boundaries Workshop Activities

Conscious Boundaries – Reflection Questions

- » What has resonated with you so far?
- » Can you identify a lot of your boundaries? Or are you struggling?
- » Why do you think boundaries are important?
- » Do the different types of boundaries open up any new thoughts?
- » How healthy do you feel your boundaries are?
- » Are you more ridged or porous than you would like?
- » Do you have good boundaries on one area of your life (say work) but not in another (home)?

Unconscious Boundaries – Reflection Questions

- » What has resonated with you so far?
- » Which of the emotions/ messages from your body are most relevant for you?
- » Can you identify any unconscious boundaries in your life?
- » What areas of life do you want to add more boundaries too?
- » Who do you need to communicate them with?
- » How can you keep an awareness of which emotions show a boundary is being broken?

Final/ Communicating Boundaries - Reflection Questions

- » Have you met your intention for the session?
- » Who do you need to communicate some boundaries with after the session?
- » In what ways can you take care of yourself to help you maintain your new boundaries?
- » How do you feel in this moment?
- » What has been your biggest learning?

Unconscious Boundaries – Activity

1. Finish these sentences to start to see what boundaries you want in your life.
 - » People may not...
 - » I have the right to ask for...
 - » I will not accept...
 - » To protect myself, my time and energy, its okay for me to...
 - » I expect others to...
2. Now add 'therefore' to create your boundary and identify who it's with.
3. Finish by identifying the consequence
4. Finally, be prepared to communicate them with others in your life.

For example

I will not accept my mum asking "when I will get married" every time I see her. Therefore, I will make this my boundary and communicate it with mum. The consequence of mum not respecting this boundary is that I will walk away from the conversation and visit less.

I have the right to ask for time to myself at the weekend, therefore I will communicate a new boundary to my partner that means I get 2 hours to myself each Saturday morning. The consequence of this boundary not being respected is that our relationship will end.

I hope this worksheet alongside the workshop has been helpful.

If you have any questions or feedback, please do let me know.

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I look forward to seeing you again soon.

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