



Exploring Boundaries

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Healthy relationships require healthy boundaries. Boundaries not only strengthen attachments in relationships, they also reshape our expectations, thoughts, and behaviors. Use this worksheet to explore three kinds of boundaries in your life.

Physical Boundaries	Emotional Boundaries	Cognitive Boundaries
<p>Physical boundaries relate to what you do. Will you answer the phone when it rings? Attend an event you've been invited to? Work late or go in early? They are a way of understanding what we will or will not offer with our bodies, time, money, energy, and resources.</p> <p>Reflection Questions</p> <ul style="list-style-type: none">• What physical boundaries do I currently have?• What physical boundaries may I need to implement?• Why do I need these boundaries?• Will it be difficult or easy to maintain them? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Emotional boundaries relate to what you feel. They help us understand our emotional expectations of others—what emotional response do I expect from others? They also help us determine what we can or cannot give someone emotionally. What do I have to offer others emotionally?</p> <p>Reflection Questions</p> <ul style="list-style-type: none">• What emotional boundaries do I currently have?• What emotional boundaries may I need to implement?• Why do I need these boundaries?• Will it be difficult or easy to maintain them? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Cognitive boundaries relate to what you think. How we think about others and ourselves impacts how we treat others and how we allow ourselves to be treated. They also shape our expectations. What definitions do I hold of others, and what expectations are tied to them?</p> <p>Reflection Questions</p> <ul style="list-style-type: none">• What cognitive boundaries do I currently have?• What cognitive boundaries may I need to implement?• Why do I need these boundaries?• Will it be difficult or easy to maintain them? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

www.nurtureplaystructure.com