



Nurture Play Structure®

Exploring Boundaries

Healthy relationships require healthy boundaries. Not only do healthy boundaries strengthen attachments in relationships, but they also change our expectations, thoughts, and behaviors. This worksheet is designed to assist your exploration of your boundaries.

Physical Boundaries	
Physical boundaries are in relation to what you <i>do</i> . Will you answer the phone when it rings? Will you attend an event you've been invited to? Will you work late or go in early? Physical boundaries are a way of understanding what we will or will not offer with our physical bodies, our time, our money, our energy, and our resources.	<u>Reflection Questions ~</u> <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 physical boundaries?
Emotional Boundaries	
Emotional boundaries are in relation to what you <i>feel</i> . Emotional boundaries 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?	<u>Reflection Questions ~</u> <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 emotional boundaries?
Cognitive Boundaries	
Cognitive boundaries are in relation to what you <i>think</i> . How we think about others and ourselves impacts how we treat others and how we allow ourselves to be treated. They also influence our expectations. What definitions do I hold of others? What are the expectations tied to these definitions?	<u>Reflection Questions ~</u> <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 cognitive boundaries?