

# Setting Boundaries

It is important to set boundaries in relationships because boundaries ensure that others clearly understand how you expect to be treated. People who do not respect your boundaries may not be healthy people for you to have in your life.

**Directions:** Complete the reflection questions below to understand why setting boundaries is important to you.

**Why is setting boundaries important to you?**

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**What happens to you when others do not understand your boundaries?**

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**What is your current method of setting boundaries?**

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**How do you want to improve your boundary-setting skills?**

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**What do you want people to understand about how you want to be treated?**

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**Who do you have healthy boundaries with in your life?**

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**Who do you need to assert your boundaries with to ensure you are treated with respect?**

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