

boundary audit



Before we start changing how we use boundaries, we first need to reflect and understand how we use boundaries currently and how effective they are for us. This worksheet provides a tool to help us understand what types of boundaries we are currently using and how healthy they are.

Often when we have unhealthy boundaries, these can often cluster in one particular boundary type e.g. (unhealthy time boundaries) or they tend to cluster in an area of our life e.g. work. This will help you to see those patterns and where you want to make changes

Step One

First identify the different areas or roles that you play within your life and put these across the top.

Step Two

You can either work across (by boundary type), or down (by life area) depending on what makes sense for you. Take a moment to reflect on each boundary type and each area of your life and in the space provided score how healthy you think your boundaries are in that area 10 means perfectly happy, boundaries healthy and supporting me, nothing to see here with 0 being no boundaries in place.

life areas

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boundary type

time					
material					
emotional					
mental					
internal					
conversational					
physical					

Reflect

Where do you see the greatest area for improvement? Do you think you can take learnings from other boundary types or parts of your life where your boundaries are working better for you?

reflections

learnings