

# Exploring boundaries

Intent and purpose: To guide you in understanding the boundaries you have drawn and the boundaries you may wish to draw, in order to prevent burnout.

Boundaries are guidelines, rules or limits that we set for ourselves and others set for themselves for healthy and safe ways of interaction. Boundaries could be physical, material, emotional or time-based and could be set both in personal and workspaces. Although many cultures may consider boundaries to be disrespectful of others, clear and well-communicated boundaries can reduce confusion or conflict. As such, boundaries play a big role in preventing burnout.



While some workspaces are structured such that they encourage staff to draw and maintain boundaries, doing so in personal lives requires conscious effort. If you are not familiar with the idea of boundaries or how they can help you, we encourage you to read more about boundaries here before starting this worksheet.

Many of us may have consciously or unconsciously set boundaries in our work lives and our personal lives. However, maintaining them - and updating them when needed - requires regular attention and effort. The following questions could help you in thinking about your boundaries.



What boundaries do you set for yourself? Both professionally and personally?

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Do you think others know about your boundaries?

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Do you find it difficult to communicate to others about your boundaries?

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Do your boundaries get crossed often?



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How do you feel when your boundaries are disrespected by others? What do you do about it?

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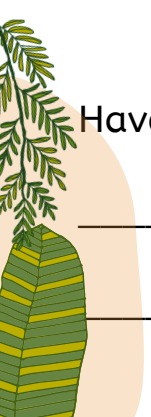
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Have you found it difficult to maintain your boundaries? Under what circumstances?

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Have you ever violated others' boundaries?



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# Exploring boundaries

Use the sections below to further explore boundaries in your personal and work lives.



**My non-negotiables:**

*The boundaries that I don't allow others to violate*

**My work in progress:**

*The boundaries that I allow others to violate, but which I don't want violated*

