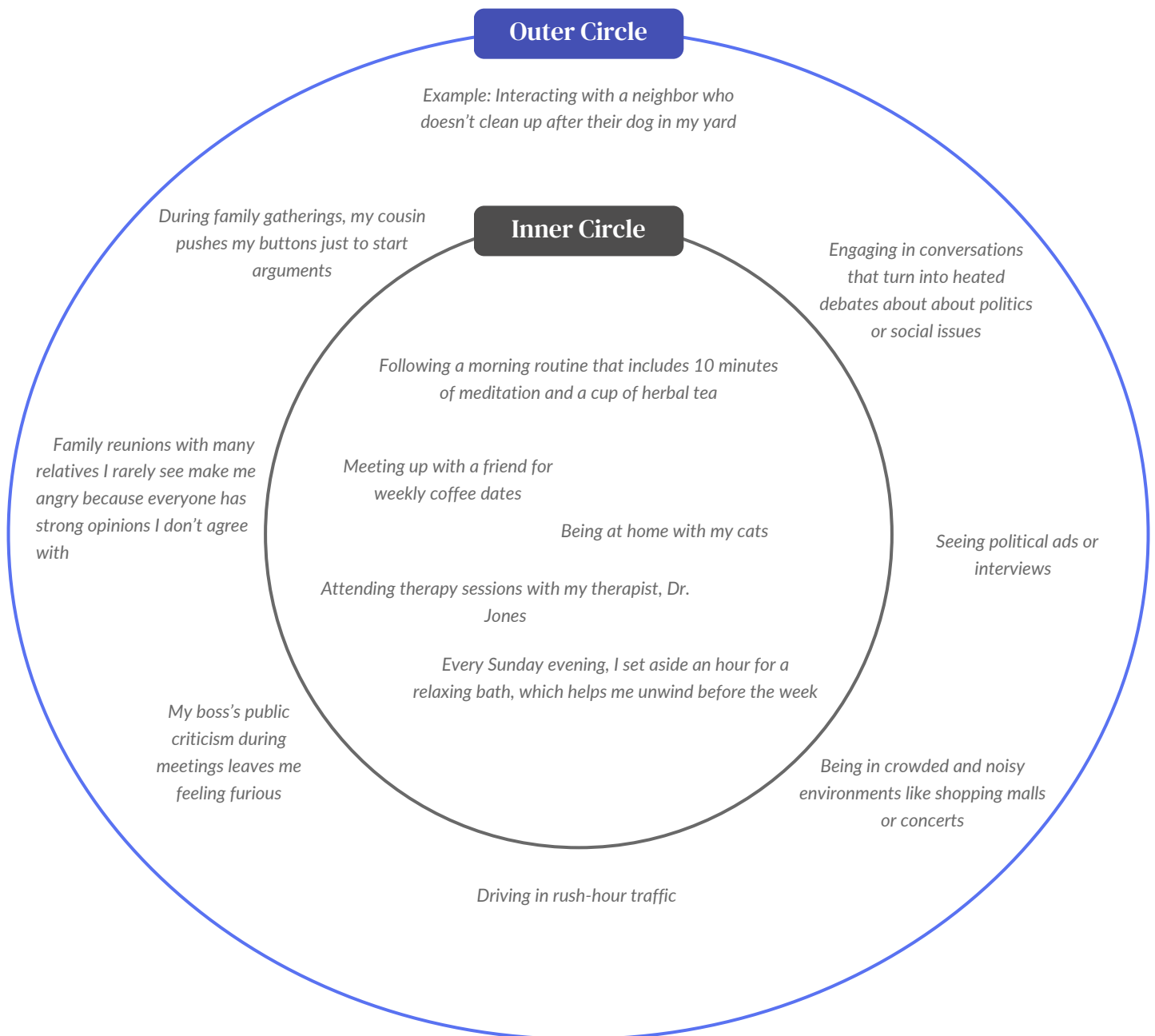


Setting Boundaries for Anger

Setting boundaries is a powerful way to manage anger by creating clear limits that protect your emotional well-being. When you establish and communicate your boundaries, you can prevent situations that trigger frustration or resentment. **This worksheet is designed to guide you in identifying your needs, setting healthy limits, and maintaining them in your daily life.** By practicing boundary-setting, you can create healthier relationships, reduce anger triggers, and feel more in control of your emotions.

PART 1: Visualize Your Boundaries

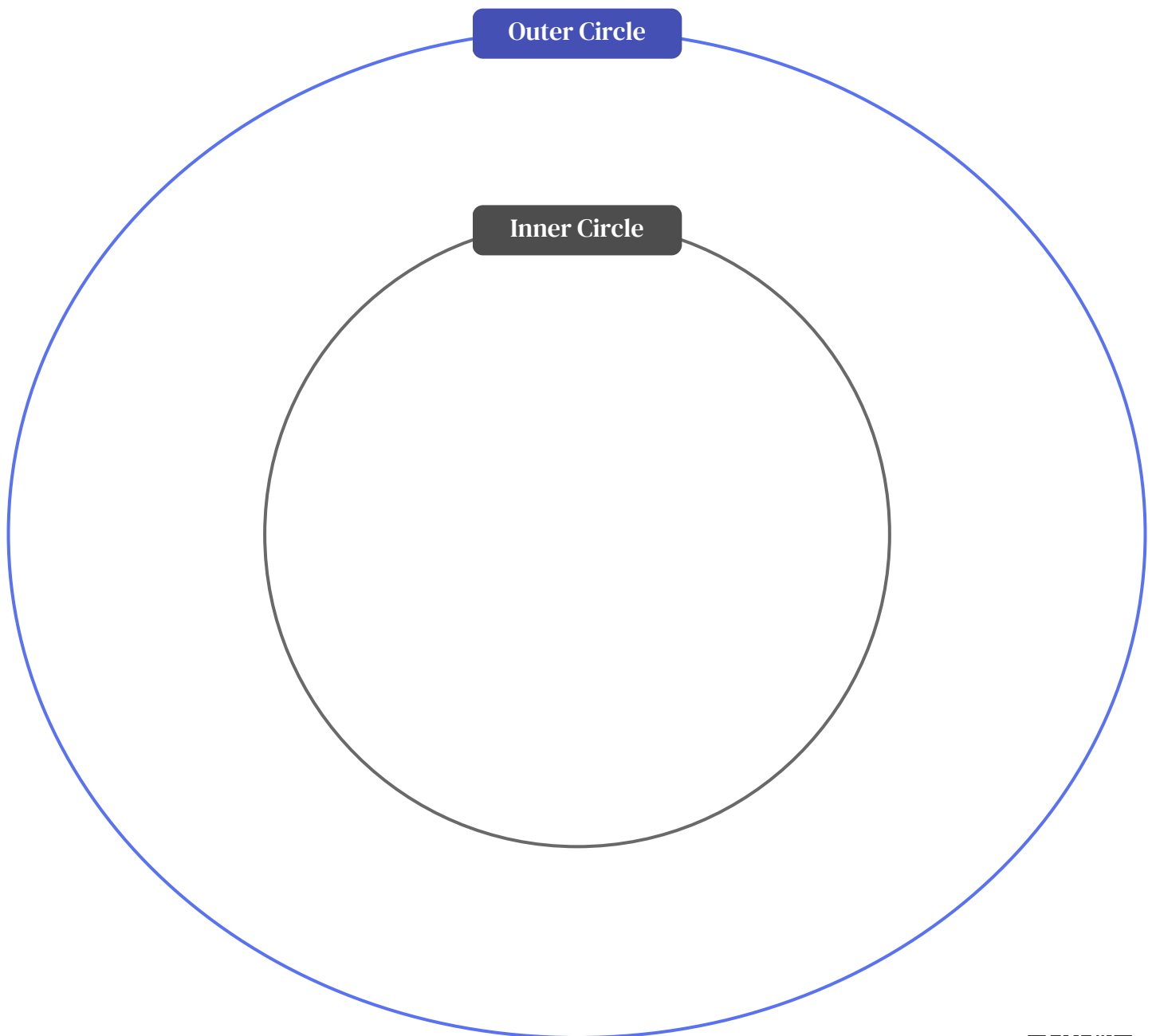
Inside the circle, write everything that makes you feel relaxed and calm. On the outside of the circle, write down anything or anyone that makes you feel stressed, irritable, or angry. These are people or situations that are pushing your boundaries and need further attention.



Setting Boundaries for Anger

When filling out your inner and outer circle, here are some questions to consider:

- What people, places, or activities make you feel calm, supported, or at ease?
- What routines or self-care practices help you feel grounded and secure?
- Are there specific situations where you feel most in control of your emotions?
- What situations or behaviors from others tend to trigger your anger?
- Are there people who regularly push your boundaries or dismiss your feelings?
- What environments or activities leave you feeling tense or on edge?
- Are there specific patterns or recurring issues in your relationships that fuel frustration?



Setting Boundaries for Anger

PART 2: How to Communicate Your Boundaries (Example Page)

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."



Setting Boundaries for Anger

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively. (Example page.)

Situation:

Example: My neighbor frequently lets their dog use my lawn as their bathroom without cleaning it up. I am so tired at stepping in dog poop I could scream!

Boundary I will set:

I will have a conversation with my neighbor to ask her to please keep her dog off of my lawn, or at the very least clean up after it.

Any potential challenges:

My neighbor might become defensive. She might deny responsibility or make excuses. She may ignore my request or treat me in a negative manner. It might create awkwardness or tension.

How I will handle these challenges:

During our conversation, I will stay calm and explain that keeping my yard clean is important to me and this is nothing personal against her. I will have a follow-up conversation if needed. If she ignores my request, I will contact local authorities to find out how to best proceed.



Setting Boundaries for Anger

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

