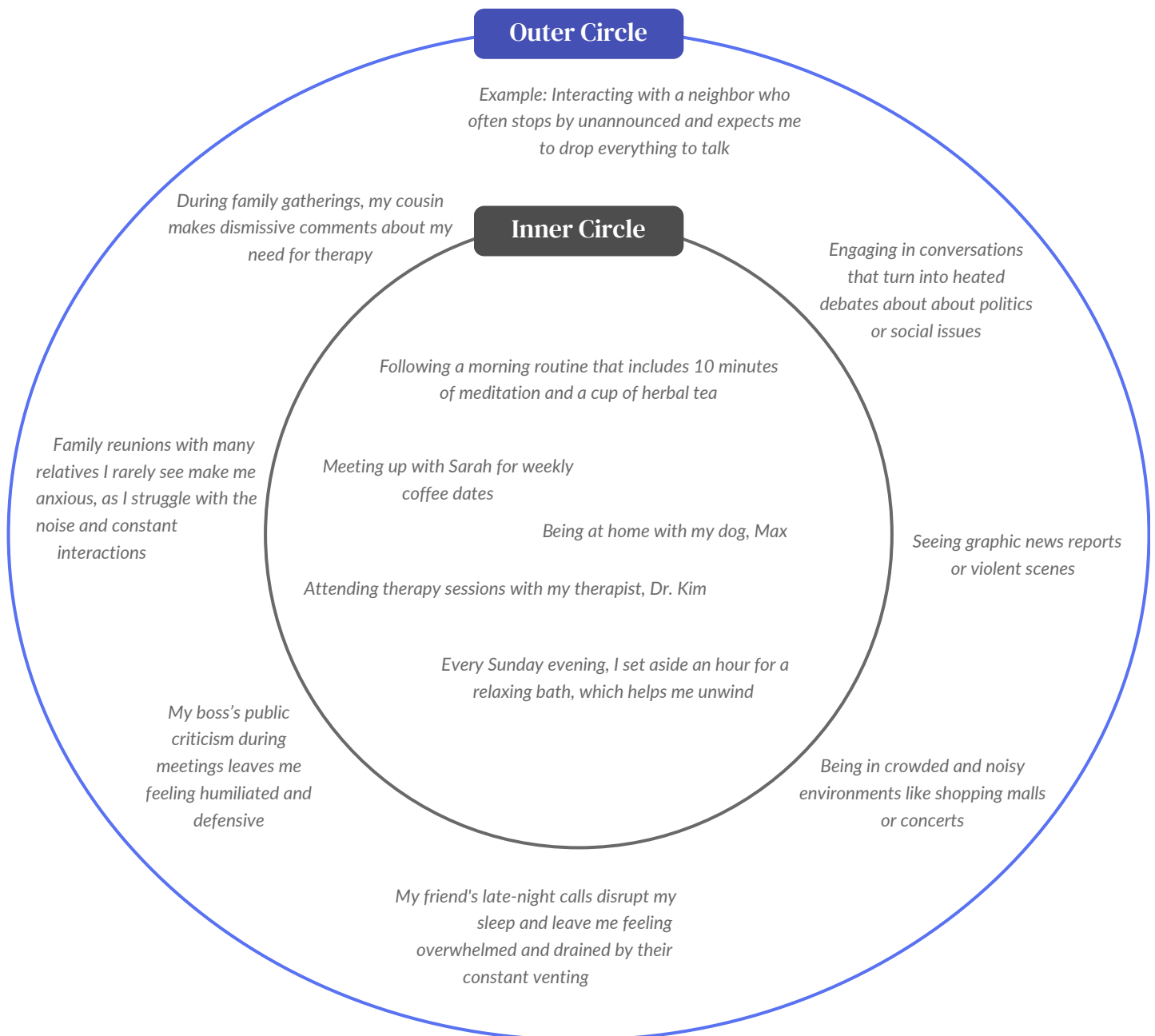


Setting Healthy Boundaries for Trauma

Setting boundaries can be particularly difficult for someone who has experienced trauma, as trauma can erode your sense of self-worth and make you fear rejection or conflict. **This worksheet is designed to help you understand and set healthy boundaries in your relationships and daily life.** By identifying your needs and limits, you can regain a sense of control and safety, which are crucial for your healing process.

PART 1: Visualize Your Boundaries

Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention. (Example page.)



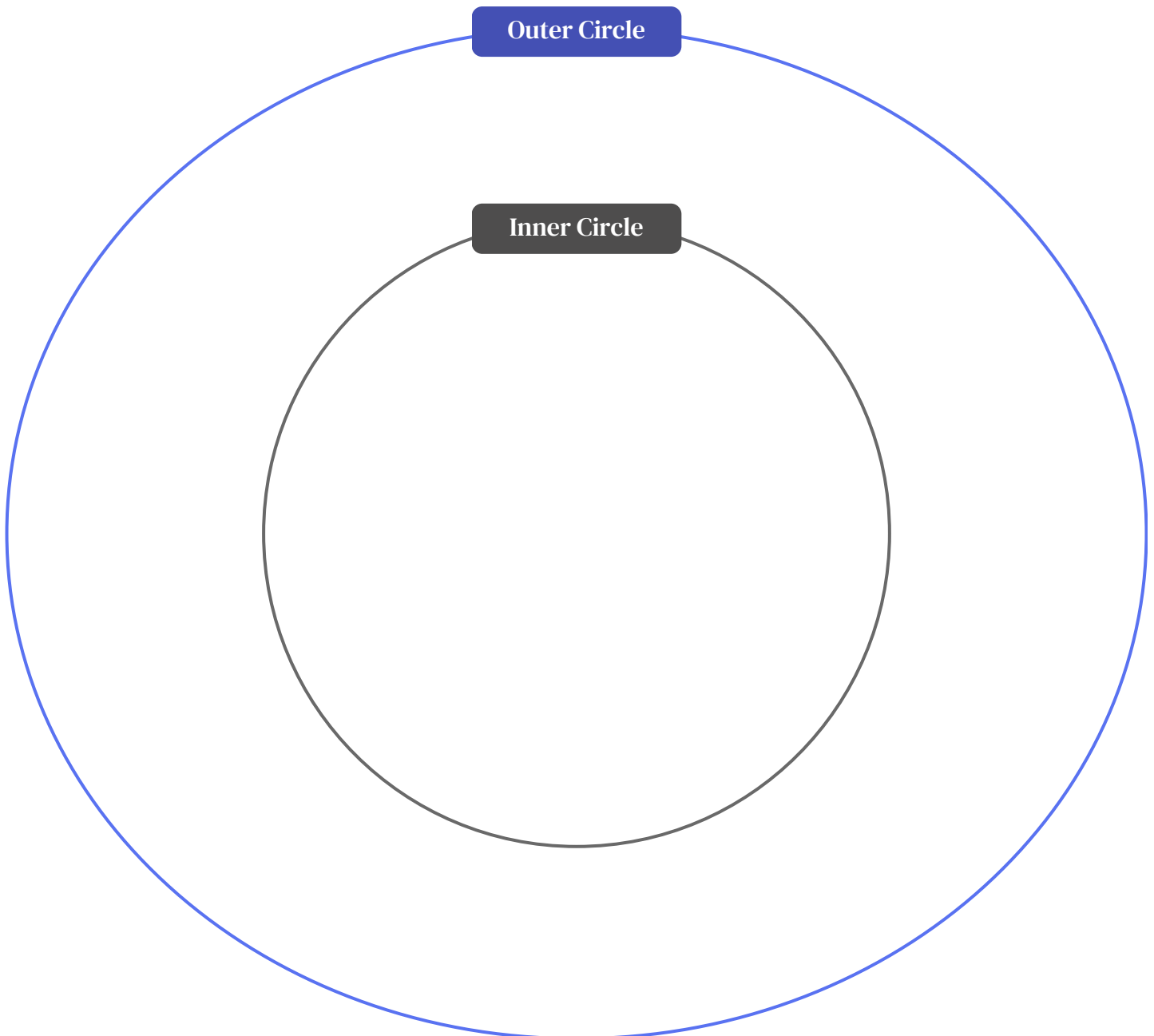
*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



Setting Healthy Boundaries for Trauma

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

- What is currently causing me stress or unease?
- What am I excited about each day?
- What do I find myself dreading each day?
- Who or what energizes and uplifts me?
- Who or what leaves me feeling drained and exhausted?
- Who or what helps me feel safe, supported, and valued?



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Setting Healthy Boundaries for Trauma

PART 2: How to Communicate Your Boundaries

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."

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Setting Healthy Boundaries for Trauma

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 sister, who lives nearby, frequently drops by unannounced. Her unexpected visits often disrupt my personal time and the quiet environment I need to relax and recharge after work. Last week, she came over right when I was about to start a long-awaited self-care routine, and it completely threw off my evening.

Boundary I will set:

I will have a conversation with my sister to let her know that I need my home to be a space where I can relax and unwind without unexpected interruptions. I will ask her to call or text me before coming over to ensure it's a good time. I will emphasize that I still want to spend time with her but need to plan our visits in advance.

Any potential challenges:

My sister might feel hurt or think that she is not welcome anymore. She may perceive my request as a sign that I don't enjoy her company or that our relationship is less important to me. Additionally, she might not understand why this change is necessary if she feels that her visits haven't been a problem in the past.

How I will handle these challenges:

During our conversation, I will explain to my sister that her visits are important to me and that I value our time together. I will let her know that my request for advance notice allows me to take care of my mental health and personal needs. I will suggest specific times that work better for me. For example, I could say, "I really enjoy our time together and want to make sure I am fully present when we hang out. Could you call or text me before coming over to make sure it's a good time? I usually have more free time on Saturdays or after 6 PM on weekdays."

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Setting Healthy Boundaries for Trauma

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:

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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.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.