



Boundary Check-In

Notice where a relationship may need more openness, more protection, or clearer limits.

Choose one relationship or situation where boundaries feel difficult. Your boundaries may feel too open, too closed, inconsistent, or simply unclear.

WHO OR WHAT SITUATION AM I THINKING ABOUT?

CHECK EACH AREA

Boundary area	Too open	Too closed	Works for me	Unsure
Physical space / touch	■	■	■	■
Thoughts / opinions	■	■	■	■
Emotions / personal sharing	■	■	■	■
Sexual boundaries	■	■	■	■
Money / belongings	■	■	■	■
Time / availability	■	■	■	■

ONE BOUNDARY I WOULD LIKE TO ADJUST

WHAT WOULD A HEALTHIER BOUNDARY LOOK OR SOUND LIKE?

HOW MIGHT THE OTHER PERSON RESPOND?

WHAT WILL HELP ME STAY CONSISTENT?



Sike & Spirit Counseling

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