



Boundaries Exploration

For Empaths

Describe three examples of times when someone has overstepped your boundaries.

1.

2.

3.

How do you feel you do when handling a situation when your boundaries are crossed?

What do you typically do when you feel your boundary has been violated?

How do you feel you do with asserting your boundaries with other people?

What happens in your body when you visualize yourself speaking up to tell someone your needs or explain to them how they crossed your boundaries?

PERSONAL HISTORY WITH BOUNDARIES

What messages did you receive from your family about your value and the value of boundaries.

1.

2.

3.

Was there a difference between how your boundaries were treated versus how your parents and/or siblings boundaries were treated?

Did anyone teach you about boundaries?

What messages did you get in school about boundaries?

What messages do you get today about boundaries from the workplace?

BOUNDARY BETRAYAL ASSESSMENT

In this assessment, you will check the box next to the Boundary Betrayal(s) that illustrate your own experience with boundary betrayal.

	Boundary Betrayal	Energy Pattern
☐	Is it hard for you to turn something down when you know the person asking really wants you to do it?	People Pleasing
☐	Do you take on the responsibility for solving other people's problems?	Caretaking
☐	Do you often think of the perfect thing to say to someone hours/days/weeks after a conversation or confrontation?	Sensory Overwhelm
☐	Do you take pride in being of service to people in need? Even if being of service throws a wrench in your life, bank account, other commitments, time management, integrity?	Rescuer/ Savior
☐	Do you trust yourself to make good decisions that honor you and keep you safe and healthy? Do you find yourself resentful when you agree to something you don't really want to do?	Self-Neglect
☐	Have you experienced times when you have shared a lot of information at once with someone and later felt shame or discomfort about what or how you shared?	Energy Reactive
☐	Have you had relationships with people, either as a child or an adult, who would ignore your boundaries and do whatever they wanted? As a child, a parent who would just walk in your bedroom without knocking despite your request they do? As an adult, a friend who tells embarrassing stories about you in group settings, despite being asked to stop?	Narcissistic Abuse Pattern

Reflection Activity:

Read the descriptions below of energy patterns or behavioral patterns and use the following page to write about your experience with each one.

Things to note with each one: at **what age** did it begin? **Who** stands out as someone who received this pattern from you or instigated the pattern for or within you? Is this pattern **still happening**? And finally, **rank** its power in your life.

Pattern	Description	Rank
People Pleasing	A strong urge to please others, even at their own expense.	
Caretaking	An individual who feels responsible for the care, happiness, and wellbeing of those they care about	
Sensory Overwhelm	When the senses take in more info than the brain can process. The brain then enters fight, flight, or freeze mode; a simulated crisis, making them feel unsafe or panicky	
Rescuer/ Savior	Individuals feel good about themselves only when helping someone, believe their job or purpose is to help those around them, sacrificing their own interests and well-being in the effort.	
Self-Neglect	Individuals who neglect themselves are unwilling or unable to do needed self-care.	
Energy Reactive	Individuals who are picking up energy from other people and have a reaction where they talk nervously, sharing more than they meant to share because they are experiencing energy that is causing discomfort.	
Narcissistic Abuse Pattern	Individuals who were not successful at establishing boundaries because their family, friends, or partners refused to acknowledge or honor those boundaries.	

Reflection Journal:

Note which patterns were really difficult or those that left behind wounds that may need energy healing.



INDIVIDUAL BOUNDARY ASSESSMENT WORKSHEET

The dynamics of different environments can make it challenging to hold your boundaries. This worksheet is to help you lay out all the factors so you can decide how to proceed. Even in cases where you can't fully hold your boundaries, it is helpful to think through what you are sacrificing and perhaps how you will process the experience so your self-esteem and ethics don't take the hit.

Who Holds the POWER?	
What is at STAKE for you?	
What is at STAKE for them?	
Is this your RESPONSIBILITY?	
What CONSEQUENCES can you enforce?	
Are you PREPARED to live with the fallout of your decision?	

Practice Statements for Holding Boundaries

- I can't do that, but I can help you find someone who can
- I appreciate the gesture, but in the future, I'd prefer...
- I can't take on additional responsibilities right now.
- I'm not comfortable discussing this topic with you.
- I'm uncomfortable with what you just said I did.
- Thanks for your concern, but I appreciate the invitation.
- I don't give you permission to do X to me.
- I can't do x, but I'm open to trying y.
- I don't feel safe so I'm going to leave.
- I won't be spoken to in that manner. I am going to leave this conversation.
- I'm allowed to change my mind.
- Thanks, but I'm not interested.
- I wish I could, but I can't.
- No, thank you.
- No.