

CREATING BOUNDARIES FOR 1000

Below are questions that can help you create healthy boundaries.

In the first box, answer the question.

In the second box, write a boundary for yourself (Example: God says I am loved, so I will be kinder to myself when I mess up.)

The third box is a boundary you want to create for your friendships (Example: I am loved, so I will not just go along with what others do to feel like I belong)

| Why are my boundaries important? | Who does God say you are? | What is important to you? | When do you feel uneasy? | Where are places that aren't uplifting? | What does it look like to be a friend who honors other people's boundaries? |
|----------------------------------|---------------------------|---------------------------|--------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
| | | | | | |
| | | | | | |
| | | | | | |

CREATING BOUNDARIES FOR 1000

Below are questions that can help you create healthy boundaries.

In the first box, answer the question.

In the second box, write a boundary for yourself (Example: God says I am loved, so I will be kinder to myself when I mess up.)

The third box is a boundary you want to create for your friendships (Example: I am loved, so I will not just go along with what others do to feel like I belong)

| Why are my boundaries important? | Who does God say you are? | What is important to you? | When do you feel uneasy? | Where are places that aren't uplifting? | What does it look like to be a friend who honors other people's boundaries? |
|----------------------------------|---------------------------|---------------------------|--------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
| | | | | | |
| | | | | | |
| | | | | | |