




Creating Boundaries

IN STICKY SITUATIONS




Sometimes things can get sticky and confusing. We can forget where our responsibilities begin and end. Boundaries seem unclear. Use this worksheet as a guide to identify where you might be overfunctioning, and what you need in this moment.



INSIDE MY GARDEN:
What I plant and care for include represents my thoughts, feelings, actions, reactions, etc. What am I responsible for in this situation?

OTHERS' GARDENS:
What am I caring for or tending to that is in someone else's garden?



MY GARDEN:
What does my garden need from me? What needs tending?