

Worksheet 6: Setting Boundaries in Communication

Objective: To develop skills for setting healthy boundaries in conversations.

Part 1: What Are Communication Boundaries?

Boundaries help protect your energy, time, and mental well-being. Examples of **healthy communication boundaries** include:

- Asking someone to slow down when they talk too fast.
- Saying “I need a break” when a conversation becomes overwhelming.
- Letting someone know when you prefer written communication over verbal.

Which of these **boundaries would be helpful for you?** *(Check all that apply.)*

- ☐ Asking for time to process before responding
- ☐ Requesting a quieter setting for important discussions
- ☐ Limiting conversation length when feeling overstimulated
- ☐ Avoiding certain conversation topics that cause stress
- ☐ Other: _____

Part 2: Boundary Scripts

Rewrite the following unclear boundary statements to make them clearer and more assertive.

1. **Unclear:** "I don't really like loud places, but I guess I can go."

Assertive: _____

2. **Unclear:** "I'm kind of tired, so maybe we can talk later?"

Assertive: _____

3. **Unclear:** "I don't like when people interrupt me, but it's fine."

Assertive: _____

Part 3: Your Personal Boundaries

Write down one boundary you want to start setting in conversations:
