



Boundary audit worksheet

Fill out the worksheet to learn which people, situations, and personal actions tend to cause you distress.

Stressor

Think of a person, situation, or personal action that keeps causing you distress.

Pattern

Describe what happens when your boundary is crossed or unsettled.

Emotions

What feelings does the pattern evoke? Guilt, stress, resentment, anger, anxiety, weakness...?

People

Example: A coworker keeps asking me for support on projects that are not within my scope or related to my goals.

Example: Guilt, stress

Situations

Example: I keep getting contacted for random, small things while I'm on vacation.

Example: Anger

Personal Actions

Example: I keep saying "yes" to projects that are out of my scope.

Example: Weakness, anger
