



# Boundaries Journalling Exercise

How do you see examples of the Under-bounded style in your life? Give specific examples.

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How do you see examples of the Over-bounded style in your life? Give specific examples.

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How do you see examples of the Pendulum style in your life? Give specific examples.

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How do you see examples of the Incomplete style in your life? Give specific examples.

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Who can you think of an example in your life as someone with healthy boundaries? What do you experience when you think of them?

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Who can you think of as an example in your life as someone with unhealthy boundaries? What do you experience when you think of them?

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List places in your life you want to commit to healthier boundaries? How might you do this?

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# Boundaries Recap

**These boundaries are based on the work of  
Pat Ogden, PhD.W**

## **Physical Boundaries**

Remember physical boundaries pertain to the body, to physical contact and proximity. If our physical, external boundaries are healthy, we can clearly set appropriate physical boundaries by deciding how close or distant to be physically and if, when and how we are touched. With healthy physical boundaries, we are aware of, and respect the physical boundaries of others. We need to learn to honour and establish these healthy physical boundaries to feel safe and in control of our environment.

## **Process Boundaries**

Remember process Boundaries have to do with the internal processes; thoughts, feelings, and the resultant behaviour. Healthy process boundaries enable us to separate our thoughts, feelings, and behaviours from others. We also do not take responsibility for the feelings, thoughts, or behaviours of others. We need to learn how to keep these boundaries separate to experience healthy relationships.

## **Circle of Trust**

Throughout life, we all use discernment on individuals to decide if they are safe or unsafe. People who are safe to be in relationship with are put into our circle of trust. Just because an individual is in your circle of trust does not mean that they have access to the different spheres of your boundaries. It also doesn't mean that this won't change through time or as you or that person grow as human beings. It also doesn't mean that just because someone was able to access a physical boundary once, that they automatically get to access it again without asking.