This worksheet will help you think through ways to create healthy boundaries so you can get rid of toxic influences in your life.

**WHAT IS THE THING THAT YOU NEED TO STOP OR GET OUT OF YOUR LIFE?**
This can be a person, behavior or situation. Example: I want healthier relationships.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**DESIRABLE OR HEALTHY**
Examples: I want someone who encourages me, someone who is patient.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**UNCLEAR**
Examples: Having fights where we yell, talking over each other.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**TOXIC OR UNACCEPTABLE**
Examples: Hitting each other, cussing at each other, name calling.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**BUILDING CONFIDENCE**

**WHAT CAN YOU SAY TO GIVE YOURSELF A PEP TALK?** Examples: I deserve to have healthy relationships. I choose me.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**WHAT CAN YOU SAY TO THE TOXIC INFLUENCE TO SET BOUNDARIES?** Examples: It is not ok for us to do this. I want us to get better and these are what is ok for you to do and what is absolutely not ok for you to do.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**WHAT CAN YOU DO AND SAY TO REINFORCE YOUR BOUNDARIES OR CREATE HEALTHY DISTANCE?** Examples: if you do (this), I’m going to leave. If you do (this) I’m going to walk out and take a break.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________