



# Getting Clear On Boundaries

Write down the following questions and your answers:

Lack of boundaries is creating problems in the following areas of my life:

The problems this lack of boundaries cause are:

I can set better limits by:

How might my life be different by using these boundaries? Who will I become?

What, or who, do I fear losing if I start setting these limits in my life?

If I don't set these limits - how will that affect my life in the short term?

If I don't set these limits - how will that affect my life in the long term?

What problems may I have in setting or maintaining these boundaries? Is there a way I can help myself with that?

Why did I choose not to have these boundaries in my life in the first place?

When did I learn that being assertive in this way means I'm not kind, caring, friendly etc? Is this really true?

This pdf is a resource for the book:

[7 Questions Highly Confident People Ask Themselves](#)

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