

This worksheet uses mindfulness-based ecotherapy to help you understand your personal boundary style, recognize how boundaries affect your emotional well-being and relationships, and develop healthy, compassionate boundaries through mindful awareness and connection with nature.

## Understanding Boundary Types

Read each description and place a check beside the boundary style that best describes you most of the time (check all that apply).

**Permeable Boundaries**

People with permeable boundaries often have difficulty saying “no,” may overextend themselves, and frequently place the needs of others before their own, to the point of exhaustion. They may feel emotionally drained, resentful, or taken advantage of.

How does this describe me?

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**Rigid Boundaries**

People with rigid boundaries often protect themselves by keeping others at a distance. They may avoid vulnerability, struggle with intimacy, or find it difficult to trust others.

How does this describe me?

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**Healthy Boundaries**

Healthy boundaries are clear, flexible, respectful, and consistent. They allow people to honor their own needs while maintaining caring and connected relationships.

What healthy boundaries do I already practice?

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**Inconsistent Boundaries**

People with inconsistent boundaries may enforce limits in some situations but not in others. Their responses often change depending on stress, emotions, or circumstances, creating confusion for themselves and others.

When are my boundaries inconsistent?

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## Why Healthy Boundaries Matter

Reflect on each area below.

How do healthy boundaries help protect my:

**Time?**

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**Energy?**

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**Emotional well-being?**

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Healthy boundaries can reduce:

- Stress
- Burnout
- Resentment
- Anxiety
- Relationship conflict

How have weak boundaries affected my communication or relationships in the past?

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How might stronger boundaries increase my self-respect and emotional balance?

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## Mindfulness Check-In

- Take three slow, mindful breaths.
- Notice your thoughts.
- Notice your emotions.
- Notice sensations in your body.
- Without judging them, simply observe what is present.
- Write what you notice.

**My thoughts:**

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**My emotions:**

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**My body sensations:**

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## Nature Awareness Practice

- Go outside if possible.
- Find a place that feels peaceful.
- Spend five minutes quietly observing your surroundings.
- Using your senses, notice:

### Five things I see

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Four things I feel

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Three things I hear

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Two things I smell

1. \_\_\_\_\_
2. \_\_\_\_\_

### One thing I appreciate

1. \_\_\_\_\_

After spending time in nature:

How do I feel now?

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## Exploring My Needs

Healthy boundaries begin with knowing what we need.

What do I need to feel:

### **Safe**

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### **Respected**

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### **Supported**

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### **Emotionally balanced**

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## Creating a Healthy Boundary

Think of one situation where you need a healthier boundary.

Describe the situation:

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What boundary would honor your needs?

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Write a clear, respectful boundary statement.

"I need \_\_\_\_\_."

"I am choosing to \_\_\_\_\_."

"I will no longer \_\_\_\_\_."

## Responding Mindfully

Imagine someone challenges your boundary by asking:

**"Why?"**

Practice responding without overexplaining.

Write three responses that feel authentic.:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Remember:

Boundaries are not walls. They are pathways to respect, safety, connection, and emotional health.

## Mindful Reflection

How have my boundary patterns developed over time?

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How does mindfulness help me notice when my boundaries are being crossed?

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How does spending time in nature help me feel calmer, stronger, or more confident when setting boundaries?

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What healthy boundary do I want to strengthen this week?

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What is one small action I will take to honor myself?

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## Closing Mindfulness Practice

- Take one final slow breath.
- As you breathe in, silently say:
  - "I honor my needs."
- As you breathe out, silently say:
  - "I can set healthy boundaries with kindness."

Imagine yourself standing beside an old forest tree. Like the tree, you are rooted, flexible, and resilient. Healthy boundaries do not separate you from others. They create the conditions for genuine respect, authentic relationships, and personal well-being. Like nature itself, healthy boundaries provide structure that allows growth to flourish.

