Growth Mindset Studio

PRACTICAL TOOLS FOR REAL GROWTH

Friendship Boundaries Worksheet

Five questions to turn an uncomfortable feeling into a clear next step

NAME (OPTIONAL) _____ **DATE** _____

Which type of boundary fits this situation?

☐ Emotional ☐ Conversational ☐ Digital ☐ Time ☐ Access

1 **What specific behavior or situation needs to change?**

2 **Which part of your life does it affect?**

3 **What do you need going forward?**

4 **What action will you take if the behavior continues?**

5 **What response would show respect - and what response would tell you to reduce access or seek help?**

BUILD THE BOUNDARY

When _____, I need _____.

If it continues, I will _____.

A boundary names the action you control. It is not a threat, punishment, or demand that controls someone else.