

# Boundaries Scorecard

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NAME: \_\_\_\_\_

INSTRUCTIONS: List your top five boundaries. (Duplicate the scorecard if you want to list more.)

Boundary	Why is this important?	Based on?

For each boundary, what do you notice when you stand firm: (What belief or feeling surfaced?)

One	
Boundary	What do you notice when you hold your boundary? What feeling or belief surfaced?

For each boundary, what do you notice when you give in:

One	
Boundary	What do you notice when you don't hold your boundary? What feeling or belief surfaced?