

Practice Corner

Mapping Your Relationship Boundaries

Who Gets What Version of You

This guided workbook is an invitation to look gently and honestly at your relational world. You will explore who receives your care, your honesty and your energy, and how your current boundaries shape the version of you that appears in different rooms of your life. Use these pages as a calm space to reflect, reset and design relationships that honour both your heart and your nervous system.

Created for you by CareAndSelfLove.com

How to Use This Workbook

You do not need to complete this workbook in one sitting. Think of it as a slow conversation with yourself. Move through the sections in order or open the pages that speak most strongly to you right now. The exercises are designed to meet you where you are, whether you are just beginning to notice your patterns or already deep in the work of redefining your boundaries.

Keep a pen or pencil nearby and give yourself permission to write in an imperfect, honest way. There are no correct answers here. There is only the truth of how your relationships feel and how much of your real self is allowed to exist inside them.

If at any point the reflections feel intense, pause and take a few slow breaths. Place a hand on your chest or stomach and remind yourself that you are allowed to take breaks. Returning to your body gently is part of this practice. You are not behind. You are simply beginning to see more clearly.

You are invited to move at the speed of your nervous system, not at the speed of urgency.

Section One Your Current Boundary Story

Before you map your boundaries in detail, it helps to meet the story you are already carrying. This story lives in your habits, your fears and your automatic yes or no. The following questions are a way to listen closely to the version of you that has been managing relationships up until now.

Reflection What did boundaries look like in your childhood home

Describe what limits, privacy and personal space looked like when you were growing up. Think about doors, emotions, time, and how much room you had to be different from the people around you.

Reflection Which version of you works the hardest in your relationships today

Notice the role that feels most exhausted. Is it the fixer, the caretaker, the entertainer, the peacemaker, the strong one, the quiet listener. Write about where this role shows up most often and how long you have been carrying it.

Your Current Boundary Story Continued

Reflection What happens inside you when you consider saying no

Imagine a recent moment where you wanted to say no but felt pressure to say yes. Recall what happened in your body and in your thoughts. Describe the sensations, beliefs and fears that appeared.

Reflection How do you know when a relationship is asking too much of you

Write about the signs that tell you a connection is no longer sustainable in its current form. Consider your sleep, your mood, your energy, and the thoughts you have before and after seeing this person.

Section Two Boundary Styles That Shape You

Boundaries are not only rules you say out loud. They are patterns written into your nervous system. Sometimes they are porous, sometimes rigid, sometimes flexible. This section helps you see which style tends to lead in different parts of your life.

Reflection Where do you tend to have porous boundaries

Porous boundaries can feel like absorbing the feelings and responsibilities of everyone around you. Describe the relationships or settings where this happens most often and what it costs you emotionally or physically.

Reflection Where do you tend to have rigid boundaries

Rigid boundaries can feel like living behind glass. You are present but not reachable. Write about where you shut down, withdraw or avoid sharing, even when a part of you wishes you could be closer.

Boundary Styles That Shape You Continued

Reflection Where do you notice more flexible, balanced boundaries

Flexible boundaries allow you to open and close gently depending on context, trust and capacity. Describe the relationships where you feel able to say yes and no, share and listen, lean in and lean back.

Integration If your boundary styles formed a pattern, how would you name it

Look back at your answers. See if there is a theme. Perhaps you are open and giving in friendships but guarded in family. Perhaps you are generous at work and depleted at home. Give this pattern a name and describe how it protects you and how it limits you.

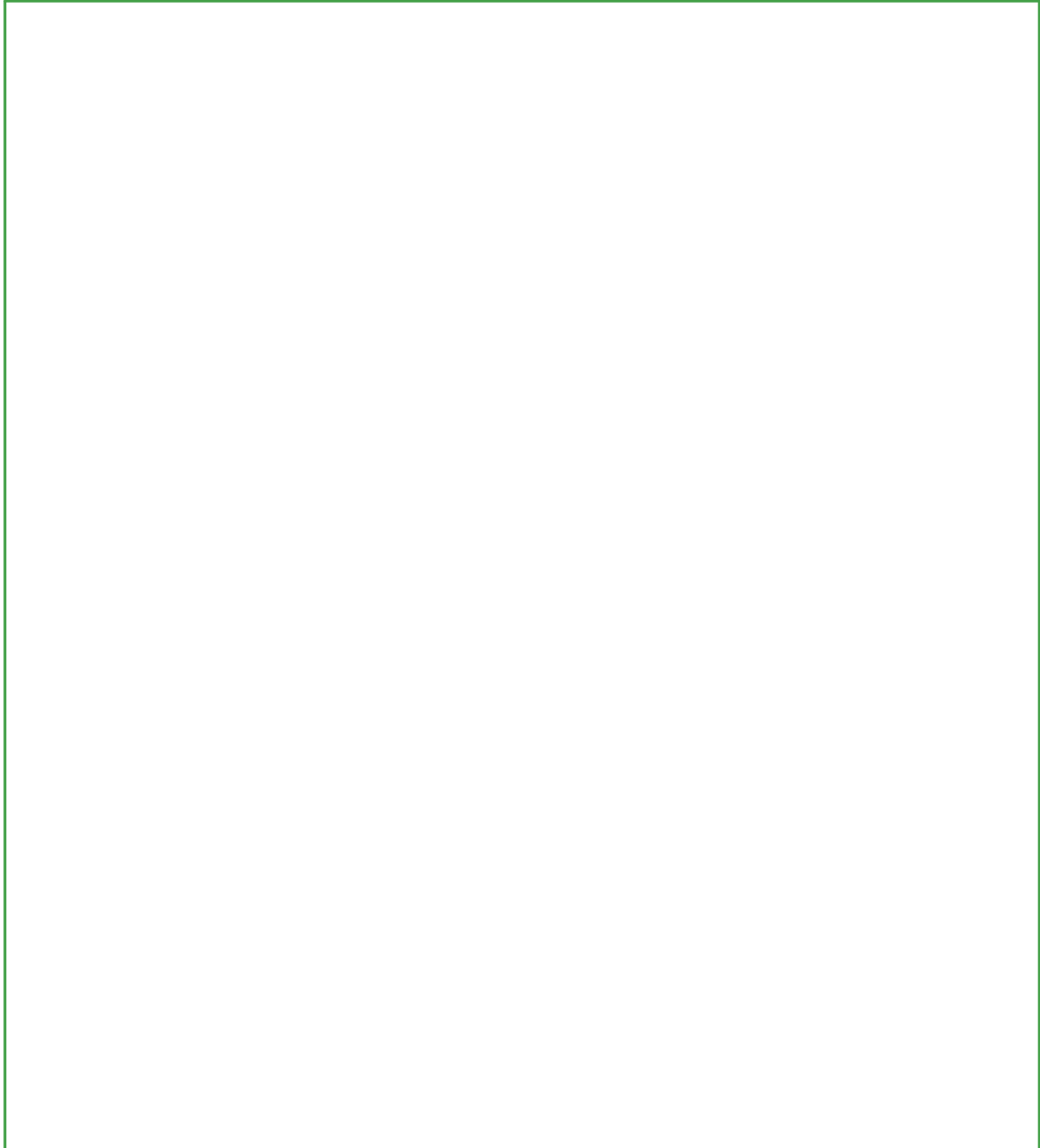
Section Three Drawing Your Relationship Circles

Now you will draw a simple map of your relationship world. Imagine your life as a set of circles around your emotional centre. Some people stand very close. Others are further away. This distance is not about love alone; it is about safety, reciprocity and trust.

On the next page you will find space to sketch your circles. Place yourself at the centre and then begin to position people in the rings around you. There is no need for artistic skill. You are simply giving shape to what already lives inside you.

Your Relationship Circles Map

Use this page to sketch your circles. Place your name at the centre. Closer rings represent people who have more access to your emotional world. Outer rings represent people who are part of your life but do not carry the same level of intimacy. After drawing the circles, write names in each area.



Naming Who Lives in Each Circle

Once you have a sense of your circles, list the names here alongside the version of you that appears most often in that space. You might write caretaker, listener, leader, quiet one, playful one, protector or any other description that feels true.

Circle	Name	Version of me that appears here

Section Four Relationship Overview Table

This section turns your map into a structured overview. You will capture the role each person plays, the version of you that shows up with them, the boundary style you use now and the boundary style you would like to grow toward.

Use the tables on the next pages to complete your overview. There is no need to fill every row at once.

Relationship	Role they play	Version of me	Boundary now	Boundary desired	Sustainable

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Section Five Deep Dive into a Draining Relationship

Choose one relationship that leaves you feeling consistently tired, anxious or unseen. This does not mean the person is bad. It means that the current pattern between you is costly for your wellbeing. The following prompts help you explore this pattern with care.

Reflection What is the story you hold about your role in this relationship

Write about the job you believe you must perform in order for this connection to continue. Are you the rescuer, the organiser, the calm one, the one who always understands. Describe how this story began and how it continues.

Deep Dive into a Draining Relationship Continued

Reflection What happens in your body before and after meeting this person

Note how you feel in the hours before you see them and in the hours afterwards. Pay attention to your posture, your breathing, your thoughts and your level of hope or heaviness.

Reflection If you could shift one small thing in this relationship, what would it be

Imagine one practical boundary experiment. Perhaps it is how long you stay on the phone, how quickly you respond, what topics you are willing to discuss or how much you take responsibility for solving their problems.

Section Six Deep Dive into a Nourishing Relationship

Now choose a relationship that feels grounding and alive. It may not be perfect, yet you usually feel more like yourself after spending time together. This section helps you see what makes this connection different and how you might invite more of that quality into other parts of your map.

Reflection What version of you appears most easily in this relationship

Describe the qualities that come forward when you are with this person. Are you more playful, thoughtful, creative, honest, quiet or expressive. Notice how your body feels in their presence.

Deep Dive into a Nourishing Relationship Continued

Reflection How are boundaries communicated and respected here

Write about how you and this person handle no, conflict, repair and change. Notice what is different from the draining relationship you explored earlier.

Reflection What can you learn from this connection for your wider relationship map

Identify two or three qualities of this relationship that you would like to cultivate elsewhere. This might include slower pacing, mutual curiosity, shared responsibility or the ability to disagree without losing the bond.

Section Seven Designing New Boundary Experiments

Boundaries rarely shift through insight alone. They change through small, repeated experiments. In this section you will shape a few concrete steps that honour both your limits and your longing for genuine connection.

Exercise Three gentle boundary experiments to try

Choose three relationships from your map where you are ready for a minor adjustment. For each one, describe a small, realistic change you can make over the next month. Keep the focus on what you can do differently, not on how the other person should change.

Relationship	Small boundary experiment	How I will support myself emotionally

Writing Your Boundary Statements

Sometimes the hardest part of a new boundary is finding the words. Use the space below to draft gentle but clear statements you can adapt. Write in language that sounds like you. Aim for honest, firm and kind.

Template I care about this relationship and I also need

Template I am no longer able to

Template Going forward, I am willing to and I am not willing to

Section Eight Self Compassion and Grounding Plan

Boundary work can stir old fear, guilt and grief. A plan for self compassion and grounding helps your nervous system stay with the process instead of retreating into old patterns. In this section you will design a few practices that soothe you when change feels uncomfortable.

Reflection What does your body need when you feel guilty for having boundaries

Think about what is truly soothing for you. This might include movement, warmth, quiet, journaling, contact with safe people or time outside. Describe in detail what helps you return to yourself when self criticism becomes loud.

Designing Your Grounding Ritual

Exercise A small ritual for before and after difficult conversations

Choose one simple ritual you can practice before and after boundary conversations. It might be a few steady breaths, a warm drink, a short walk or placing a hand over your heart. Write down the steps in a way that feels gentle and specific.

Section Nine Your Updated Map and Commitments

You have taken time to see your relationship world with more clarity and compassion. Now you will gather what you have learned into a simple summary. This is not a final verdict. It is a snapshot of where you are and where you intend to go.

Reflection Three insights about who gets what version of you

Reflection Three small ways you will protect your energy in the coming month
