

Boundaries – Self-Monitoring Record

Boundaries are rules that you set for yourself about how other people are allowed to treat you.

Situation Describe the situation where someone overstepped a boundary	Thoughts What went through your mind? (Thoughts, images, or memories)	Emotions & body feelings What did you feel? How strong was that feeling? (0–100%)	Responses What did you do? How did you cope with those feelings?
<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>If it was an image or memory, what did it mean to you?</p>		

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<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>If it was an image or memory, what did it mean to you?</p>			