

Boundary Setting Worksheet

Area	Part a: Assessment of Current Boundaries ¹	Part c: Specific Action Item(s) for healthier boundaries
Colleagues (fellow grad students if grad student)		
More Senior Philosophers (e.g. professors if grad student)		
Work vs. Personal (‘Work-Life’ balance)		
Research vs. Teaching vs. Service (Balancing various commitments)		
Relationship to Technology (Email, etc.)		
Family		

¹ Could be a description of current practices and/or a brief assessment (e.g. are your boundaries in this area rigid, healthy, or porous?; could they use moderate, mild, or major improvement, etc?; are they manageable but not ideal or not even manageable?)

Part b: Values & Obligations

Values	(Minimal) Obligations

Part d: Are there difficulties you can anticipate when it comes to putting boundaries in action?

Part e: How can you respond? How do you anticipate feeling about protecting this boundary?

Examples of general things you can say/ways to respond? [Stock responses!]

Other-Regarding

Part f: What are some ways in which you can be mindful of other peoples' boundaries? List some concrete actions.

Part g: What are some things that get in the way of respecting others' boundaries?