

Boundaries: Self-Monitoring Record

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

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