Teen Boundaries Steps

Safety. Define. Type. Cues. Soft/Firm/Hard. Scripts. Practice. Check. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis, abuse, harm now? Pause. Get help.

2. Define honestly

Limits OK. Walls, rudeness, control out.

3. Map the type

Physical, emotional, digital, friendship.

4. Read cues + power

Body, context, unequal power check.

5. Soft / firm / hard

Match intensity to risk, not mood only.

6. Draft scripts

Ask, refuse, or delay in one sentence.

7. Practice when safe

Role-play or low-stakes try. Skip if unsafe.

8. Check what helped

Before/after 0-10. Hard feelings OK.

9. Log and bridge

Log practice. Bridge to other tools.

Tip: soft, firm, or hard no should match risk. Unsafe to assert alone? Prefer safety first.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis or abuse risk.

Original layout by Lotus & Tulip, based on teen boundaries skill practice. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/boundaries-activities-for-teens.html

My Boundaries Plan

Type map. Cues. Soft/firm/hard. Scripts. Check-back.

Name: _____ **Date:** _____

Type map (physical / emotional / digital+time / friendship / family / romantic):

_____

_____

Cues + power (body, context, unequal power? soft / firm / hard choice):

_____

_____

Ask / refuse / delay script (one sentence, my words):

_____

_____

Before / after check (0-10 stuckness or distress) + what helped:

_____

_____

Safe practice plan + adult I will update:

1. Soft / firm / hard + place + time cue: _____
2. Privacy choice (journal / share / skip share): _____
3. Adult I will update (or safety plan if unsafe): _____

Chosen plan + check-back time:

_____

What I will try if walls, rudeness, or control show up mid-plan:

_____

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Boundaries Practice Log

Seven days of types, cues, soft/firm/hard, and tiny scripts.

Name: _____ **Date:** _____

Day / date	Type note	Soft/Firm/Hard	Script used	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Limit today: _____ Adult I tell: _____

Safety · Type · Cues · Soft/Firm/Hard · Script · Log

Match soft, firm, or hard to risk. Unsafe? Prefer safety first.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

L&T

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Boundaries Worksheets for Therapists

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