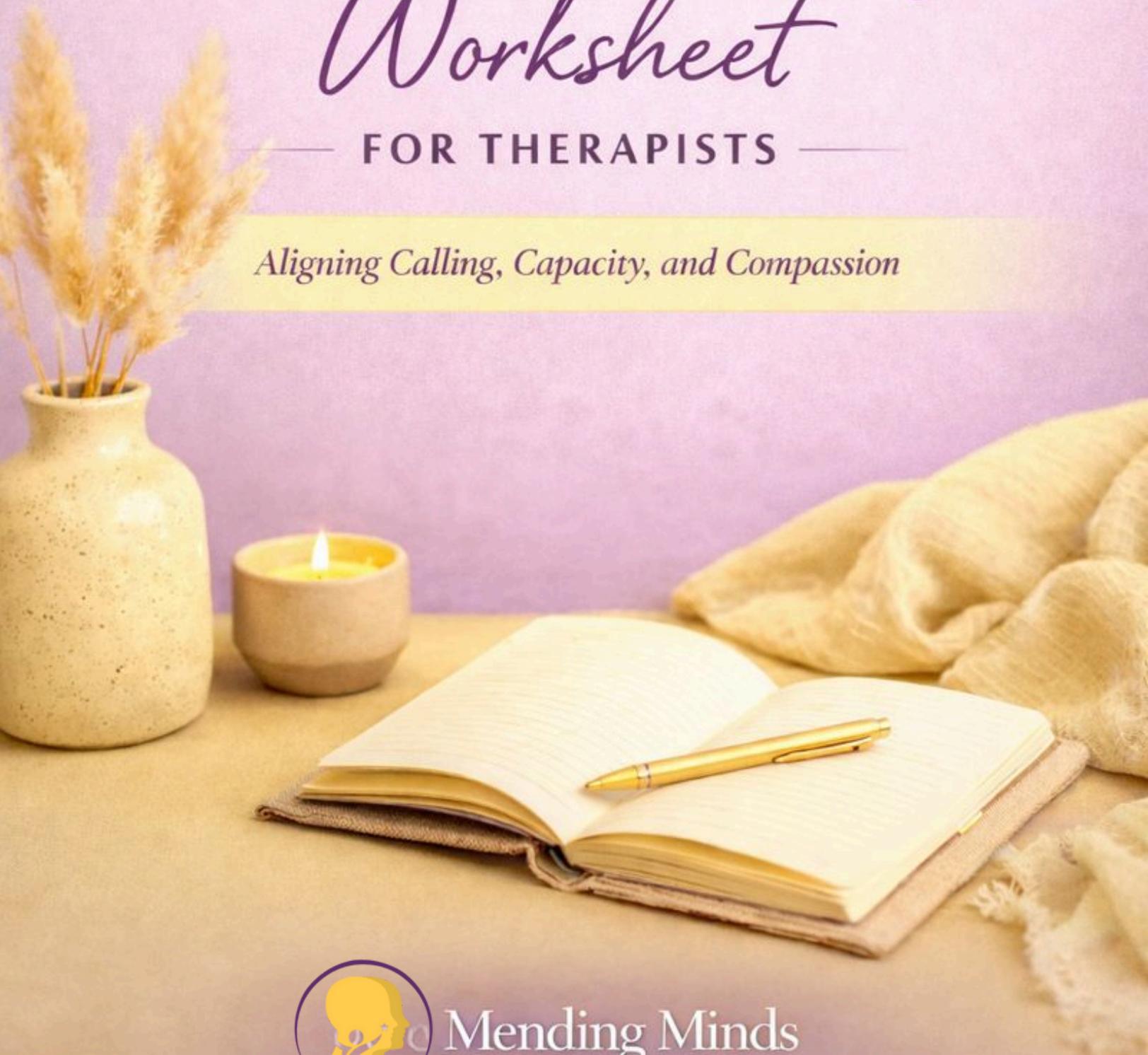


Faith-Based

# Boundary-Setting Worksheet

FOR THERAPISTS

*Aligning Calling, Capacity, and Compassion*



**Mending Minds**  
Counseling & Coaching Group

This reflective worksheet is designed for mental health professionals who want to explore boundaries through both a clinical and faith-centered lens. It offers space to examine belief systems, identify burnout patterns, and practice compassionate boundary-setting without guilt.

## **Who This Is For**

- Therapists, counselors, coaches, and helpers
- Mental health professionals navigating burnout or over-giving
- Faith-centered clinicians seeking alignment, not exhaustion

## **Gentle Disclaimer**

This worksheet is intended for personal and professional reflection and is not a substitute for clinical supervision, therapy, or medical care.

# Why Boundaries Matter for Therapists

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Mental health professionals are trained to listen deeply, hold emotional space, and remain present for others—often at the expense of their own needs. Over time, this can blur boundaries and quietly lead to exhaustion, resentment, or burnout.

Faith-based self-care invites a different approach:  
One that honors **calling without self-abandonment.**

Boundaries are not a lack of compassion.  
They are a form of wisdom, stewardship, and sustainability.

## Reflection

When you hear the word boundaries, what emotions come up for you?

*(Check all that apply)*

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| <input type="checkbox"/> Guilt  | <input type="checkbox"/> Resistance |
| <input type="checkbox"/> Relief | <input type="checkbox"/> Curiosity  |
| <input type="checkbox"/> Fear   | <input type="checkbox"/> Hope       |

What do these emotions tell you about your current relationship with boundaries?

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# Boundaries Through a Faith-Centered Lens

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Faith reminds us that:

- Rest is intentional, not optional
- Limits are human, not sinful
- Stewardship includes caring for the self

Honoring boundaries allows us to serve from overflow rather than depletion.

## Reflection

How has your faith influenced how you view rest, limits, and responsibility?

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# Recognizing Burnout Patterns

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Burnout often develops gradually and may show up as:

- Emotional exhaustion
- Chronic over-functioning
- Difficulty saying no
- Guilt when resting
- Loss of joy or fulfillment

## Self-Check

Circle any statements that resonate with you:

- I feel responsible for others' outcomes
- I struggle to rest without guilt
- I often push past exhaustion
- I feel emotionally drained after work
- I overextend myself to avoid disappointing others

What patterns do you notice?

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# Faith-Based Beliefs That Impact Boundaries

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Some beliefs—often learned early—can unintentionally weaken boundaries:

- “I am called to serve no matter the cost.”
- “Rest means I’m not doing enough.”
- “Saying no is unloving.”
- “Strong faith requires constant availability.”

## Reflection

Which belief feels most familiar to you right now?

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How has this belief affected your energy, emotions, or well-being?

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# BOUNDARY SELF-ASSESSMENT

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## Boundary Awareness Scale

Rate each statement from 1 (**Strongly Disagree**) to 5 (**Strongly Agree**)

- \_\_\_\_\_ I feel emotionally replenished most days.
- \_\_\_\_\_ I disconnect from work without guilt.
- \_\_\_\_\_ I recognize when I am over-giving.
- \_\_\_\_\_ I honor my limits consistently.
- \_\_\_\_\_ My faith supports my self-care practices.

## Reflection

Where do you notice the greatest imbalance?

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## Identifying Boundary Gaps

Area of Life	What I'm Currently Allowing	Emotional Cost	What I Need
Work / Clients			
Family			
Church / Ministry			
Personal Time			

# FAITH-CENTERED REFRAMING

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## Reframing Limiting Beliefs

Our beliefs shape our behavior. Reframing allows us to align our actions with truth rather than guilt.

### Example

**Old belief:** *"If I say no, I'm letting people down."*

**Reframed truth:** *"Saying no protects my ability to serve with integrity."*

### Your Turn

Old belief:

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Reframed truth:

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What emotion arises as you consider this new perspective?

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## Calling vs. Obligation

A calling nurtures purpose.

Obligation drains vitality.

## Reflection

What boundaries would allow you to serve from alignment instead of obligation?

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# SCRIPTURE & SPIRITUAL REFLECTION

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## Scripture-Anchored Reflection

Choose a scripture, prayer, or spiritual truth that supports rest, wisdom, or stewardship.

Scripture or spiritual truth:

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Why does this resonate with you in this season?

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How does this truth invite you to care for yourself differently?

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## Extending Compassion Toward Self

You regularly offer empathy, patience, and grace to others.

## Reflection

If you extended that same compassion inward, what would change?

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# BOUNDARY COMMITMENT

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## Boundary Commitment Statement

One boundary I feel invited to strengthen:

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One small, realistic step I can take this week:

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One challenge I anticipate:

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One source of support I can lean on:

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## Faith-Centered Affirmation

Choose one or write your own:

- "Rest is part of my responsibility, not a reward."*
- "Boundaries honor both my calling and my capacity."*
- "I am allowed to serve without self-abandonment."*

My chosen affirmation:

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# CLOSING REFLECTION

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## Final Reflection

After completing this worksheet, what feels different—emotionally, mentally, or spiritually?

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## Closing Encouragement

You are not called to depletion.

Boundaries are not barriers to compassion—they are bridges to sustainability.

Honoring your limits allows you to continue showing up with integrity, presence, and purpose.