

Use the following questions as prompts to reflect on your experience. Remember to de-identify your notes, store them securely, and take them with you to supervision.

Date: _____

1. Situation Overview

Briefly describe the event or interaction that prompted this reflection on boundaries.

2. Boundary Challenge

What was the boundary that you felt was tested or unclear?

3. Feelings & Reactions

How did you feel in the moment? What thoughts or physical reactions came up?

5. Consequences

What happened because of your actions or inactions?

6. Lessons Learned

What did you learn about your needs, limits, or values through this experience?

7. Future Approach

How might you respond differently next time? What support or preparation could help?

Extra Notes & Reflections