

Journal Prompts for Exploring Boundaries



Quercus Counselling

HEALING FROM AUTISTIC
BURNOUT

What does the word "boundary" mean
to me personally?
(Has my understanding of it evolved
over time?)

In what situations do I find it most
difficult to set or maintain boundaries?
(Why do I think that is?)

How do sensory sensitivities or
overwhelm influence the boundaries I
need to set with others?
(Can I be flexible whilst protecting my
energy?)



Describe a time when someone
respected my boundary.
(How did that feel? What made that
experience positive?)

Have I ever felt guilty or anxious after
setting a boundary?
(Where might that feeling come from?)

How do I communicate my boundaries
to others?
(Are there ways I'd like to improve or feel
more confident in doing so?)



What are some non-negotiable boundaries I need for my well-being? (e.g., around social interaction, physical touch, noise, routines).

How do I recognise when a boundary has been crossed, even if it's not intentional?
(What signals does my body or mind give me?)

What role does masking or people-pleasing play in how I approach setting or ignoring boundaries?
(What can I do differently?)



How do I respond when someone reacts negatively to a boundary I've set?

(What are some supportive responses I can practice?)

What kind of support helps me feel safe to uphold my boundaries?
(e.g., from people, tools, or environments).

What boundaries do I want to strengthen moving forward?
(What is one small step I can take this week to support that?)

