

PERSONAL BOUNDARIES WORKSHEET

List & draw 5 things that give you pleasure (sexually or otherwise)

list 5 people you'd trust with your darkest secret

- 1.
- 2.
- 3.
- 4.
- 5.

list 5 things that freak you out!! (sexually or otherwise)

- 1.
- 2.
- 3.
- 4.
- 5.

DRAW YOUR IDEAL DATE OR HOOK-UP

I feel safe when...

I feel UNSAFE when...

list 5 things you are curious to try:

- 1.
- 2.
- 3.
- 4.
- 5.

feel free to use the back/your own paper for more space - this worksheet is just to get thoughts going. Love P.