Teen Journal / Workbook

1 INCH SPINE

1 & 1/2 INCH SPINE

2 INCH SPINE

3 INCH SPINE

What is my Personal Bubble?

Think about your personal space as an invisible bubble around you. It includes your emotions, thoughts, and physical boundaries. Why is it important to have a personal bubble? Write a short paragraph explaining what your bubble means to you.

How Do I Feel When My Bubble is Respected?

Write down three emotions you feel when people respect your personal space. Then, describe a time when someone respected your bubble and how it made you feel.

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How Do I Feel When My Bubble is Crossed?

Write down three emotions you feel when someone invades your personal space. Describe a situation where someone didn't respect your boundaries. How did you handle it? How would you like to handle it in the future?

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Setting My Boundaries

Complete the sentences below:

I feel comfortable when people

I need space when

It's okay to say no when

Communicating My Boundaries

Practice setting boundaries by completing these sentences:

"I appreciate when you _____,
but I need _____."

"Please respect my space by _____."

"When you _____, it makes me
feel _____. I would prefer if you _____."

My Safe Space

Draw or describe a place where you feel safe and relaxed. This could be a real or imaginary place. What makes it special to you?

Self-Care for My Bubble

List three things you can do to take care of your personal bubble and protect your peace. Examples: journaling, taking deep breaths, setting boundaries with friends, etc.

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Affirmations for My Bubble

Write down three affirmations to remind yourself that your space matters. Examples:

- *My feelings and boundaries are important.*
- *I have the right to protect my personal space.*
- *I deserve to be respected.*

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My Personal Strengths

List five things you love about yourself. How do these qualities help you set boundaries?

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My Emotional Triggers

Write down three things that trigger strong emotions in you. How do these affect your personal space? How can you manage them better?

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My Comfort Zone

List five activities, places, or people that make you feel safe and comfortable. How do these help protect your bubble?

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Managing Social Pressures

Write about a time when you felt pressured to do something you weren't comfortable with. How did you respond? How would you handle it differently now?

My Boundaries with Friends

Describe three boundaries you set (or want to set) with friends.
Why are these important?

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My Boundaries with Family

What are some boundaries you want to set with family members?
How can you communicate them effectively?

Saying No Without Feeling Guilty

Write three different ways to say “no” while still being respectful and confident.

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Building Self-Confidence

What are three ways you can boost your confidence in setting boundaries? How can you practice them?

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Creating a Support System

List five people who respect your boundaries and support you.
How can you lean on them when needed?

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My Growth & Progress

Write about a time when you successfully set a boundary. How did it feel? What did you learn from the experience?

Visualizing My Ideal Personal Bubble

Draw a representation of your personal space. Include things that protect your bubble and things you want to keep out.

Reflection & Future Goals

What are three boundary-related goals you want to work on in the future?
How will you achieve them?

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