

■ Worksheet 5: Boundaries & Life Design

Part A: The 'Never Again' List

What you will NEVER do again, no matter what:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Part B: Your Boundary Scripts

Prepare these responses for common boundary challenges:

When asked to take on more than capacity:

My script:

When someone pressures you to 'just push through':

My script:

When feeling guilty for resting:

My script:

When old identity pulls you back:

My script:

When someone dismisses your limits:

My script:

Part C: 5-Week Boundary Practice Progression

Week 1: Say NO to one small thing

What I did:

How it felt:

Week 2: Enforce one existing boundary

What I did:

How it felt:

Week 3: Set one new boundary

What I did:

How it felt:

Week 4: Maintain boundaries despite guilt

What I did:

How it felt:

Week 5: Boundary wins celebration

What I did:

How it felt:

Part D: Boundary Wins Tracker

Celebrate every time you honor a boundary:

[illegible]