

SETTING HEALTHY BOUNDARIES

WORKSHEETS

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WORKBOOK



MANAGING GUILT, FEAR, AND PUSHBACK

WORKSHEETS

INTRODUCTION

This chapter explores how to work through feelings of guilt, fear of rejection, and pushback from others – so you can hold your boundaries with strength and self-trust.



UNDERSTANDING WHERE THE GUILT COMES FROM

Many people feel guilty when they say “no” or ask for space. This guilt doesn’t mean your boundary is wrong – it often comes from how you were raised or what you’ve learned over time.



LEARNED MESSAGES

You may have heard things like:
“Don’t be selfish.”
“Be nice.”
“Keep the peace.”
These messages can make you feel wrong for choosing yourself.



PEOPLE-PLEASING HABITS

If you’re used to putting others first, boundaries can feel uncomfortable. But pleasing everyone often leads to exhaustion and resentment.



REWRITING THE STORY

Guilt is a signal – not a stop sign. You’re allowed to honor your needs, even if others don’t like it. Reframe guilt as growth.

Setting boundaries often feels hard – not because it’s wrong, but because emotions like guilt, fear, and pressure from others show up. This chapter helps you understand these feelings, where they come from, and how to move through them with strength and care.



FACING THE FEAR OF REJECTION OR CONFLICT

Another common blocking is fear. You might fear that someone will be upset, walk away, or thinking differently of you.

WILL THEY STILL LIKE ME?

You might worry, "If I say no they'll leave." But healthy relationships respect boundaries. If someone only stays when you say yes to everything that's not connection, that's control.

FEAR OF CONFLICT

Boundaries may lead to uncomfortable moments. That's okay. You can be both kind and firm. Try: "I care about you, and this is still something I need."

BUILD INNER SAFETY

Remind yourself: You can handle discomfort. You can stay calm even when others don't. Every time you speak up, you get stronger.

DEALING WITH PUSHBACK & PRESSURE

Sometimes, others will test your boundaries. That doesn't mean you're wrong – it means they're adjusting.

WHY PUSHBACK HAPPENS

You don't need long reasons. Clear and simple enough.
Example:
"This is what works for me right now."

DON'T OVER-EXPLAIN

Your boundary may challenge someone's comfort or control. Their reaction is about them, not about you.

REPEAT, DON'T REPEAT

It's kind to care –but you're not responsible for managing everyone else's emotions.

YOU'RE NOT RESPONSIBLE FOR THEIR FEELINGS

If someone pushes your limits, stay calm and repeat your boundary.
Example:
"I hear you, but I'm still not available."

EXPLORING GUILT AND FEAR

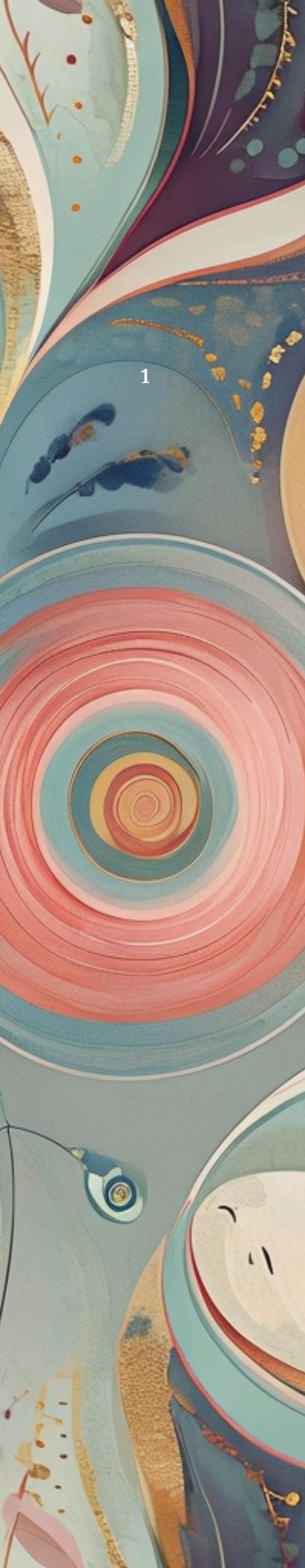
What's something you recently felt guilty for saying no to?

What messages from childhood or culture make you feel guilty for having needs?

What do you fear might happen if you keep a boundary?

What's one truth you can tell yourself when guilt or fear shows up?





PRACTICE RESPONSES TO PUSHBACK

Write one phrase someone has used to pressure or guilt you.

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How did you feel when they said it?

What would you like to say next time instead?

PRACTICE RESPONSES FOR PUSHBACK

What's one boundary you will hold, even if someone disagrees?

Choose a phrase you'll use when pressure shows up:

- "I hear you, but this is what I need."
- "I'm not changing my mind."
- "This isn't up for discussion."

