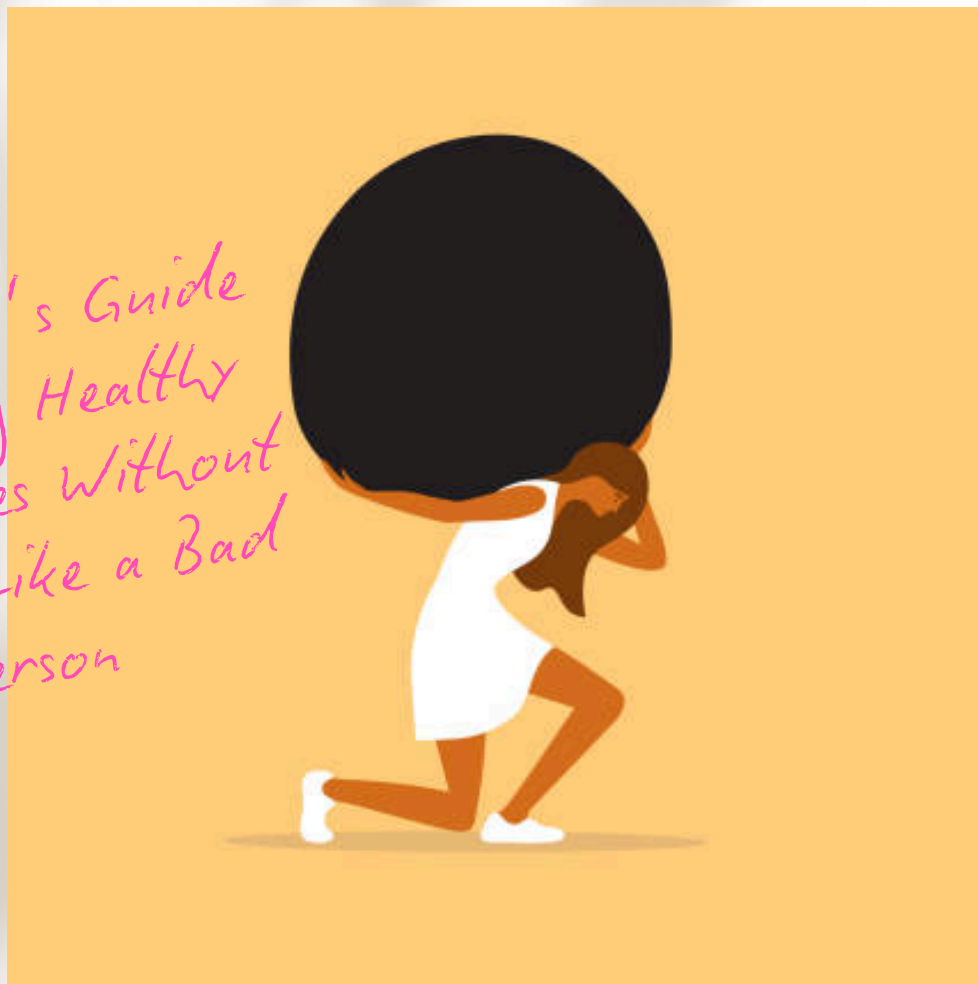


BOUNDARY SETTING STARTER GUIDE



*A Beginner's Guide
to Setting Healthy
Boundaries Without
Feeling Like a Bad
Person*

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BOUNDARIES ARE ^{n't} SELFISH

If setting boundaries feels uncomfortable, scary, or even selfish – you are not alone.

Many people grow up learning to keep others happy, avoid conflict, over-explain themselves, or put everyone else's needs first. This **coping mechanism** was developed to feel something; to feel loved, accepted, or safe.

Over time, this can lead to emotional exhaustion, resentment, anxiety, and losing connection with yourself.

The truth is: boundaries are not selfish. They are a healthy and necessary part of emotional well-being, self-respect, and healthy relationships.

This guide is designed to help you begin setting boundaries with more confidence, clarity, and less guilt.



GET CURIOUS

What Are Boundaries?

Boundaries are the limits and expectations we set to protect our emotional, mental, physical, and relational well-being.

They help communicate:

- what feels okay to us
- what does not feel okay to us
- how we want to be treated
- what we need to feel safe and respected

Healthy boundaries are **not about controlling others**. *They are about honouring yourself and building healthier, more honest relationships full of respect and intention.*

SIGNS YOU MAY NEED **STRONGER** **BOUNDARIES**



You may struggle with boundaries if you:

- feel guilty saying no
- over-explain your decisions
- avoid conflict at all costs
- feel responsible for other people's emotions
- constantly put others before yourself
- feel emotionally drained in relationships
- say yes when you want to say no
- fear disappointing others
- tolerate behaviour that hurts you
- feel resentful but struggle to speak up

If any of these resonate with you, know that boundaries are a skill – *and skills can be learned.*



WHY BOUNDARIES FEEL SO HARD

For many people, boundaries were never modeled in healthy ways growing up.

You may have learned:

- your needs were “too much”
- love had to be earned
- keeping the peace was safer than speaking up
- your value came from being helpful or needed
- conflict meant rejection or abandonment

As a result, setting boundaries can trigger fear, guilt, anxiety, or shame, even when they are healthy and necessary.

CHECK-IN WITH YOURSELF

Before we dive deeper, let's take a moment to reflect.

WHERE DO I STRUGGLE TO SET BOUNDARIES? IE. IN CERTAIN
RELATIONSHIPS, AT WORK, ETC.

WHAT AM I AFRAID WILL HAPPEN IF I START SAYING NO OR
SETTING BOUNDARIES?

HOW WOULD BOUNDARIES HELP ME IN THESE RELATIONSHIPS
OR SITUATIONS?

COMMON BOUNDARY MYTHS

○

SETTING BOUNDARIES IS SELFISH

○

PEOPLE WILL LEAVE IF I SET
BOUNDARIES

○

BOUNDARIES ARE MEAN

○

I HAVE TO FEEL CONFIDENT BEFORE
SETTING BOUNDARIES

SMALL WAYS TO START SETTING BOUNDARIES

You do not need to change everything overnight. Start small.

Try:

- pausing before automatically saying yes
- checking in with your own needs first
- giving yourself permission to disappoint others sometimes
- spending less time over-explaining
- noticing what drains your energy
- practicing honest communication
- allowing discomfort without abandoning yourself



Growth often begins with small, consistent shifts.

READY TO TAKE THE NEXT STEP?

Boundaries are not walls that push people away.
They are acts of self-respect that help you build healthier relationships – including the relationship you have with yourself.

You deserve relationships where you do not have to overextend, over-explain, or abandon yourself to feel loved, accepted, or worthy.

Healing begins when you start showing up for yourself, too.

If you're ready to strengthen your boundaries, rebuild self-trust and break free from unhealthy patterns, I would love to support you on your journey! **Book a session at www.diaryofapeoplepleaser.com**



BOOK NOW

bonus journal prompts



Which relationships feel
supportive — and which feel
draining?

What would change if I trusted myself more?

What boundary do I know I need
to set?
