

Boundaries Workbook



Belongs To

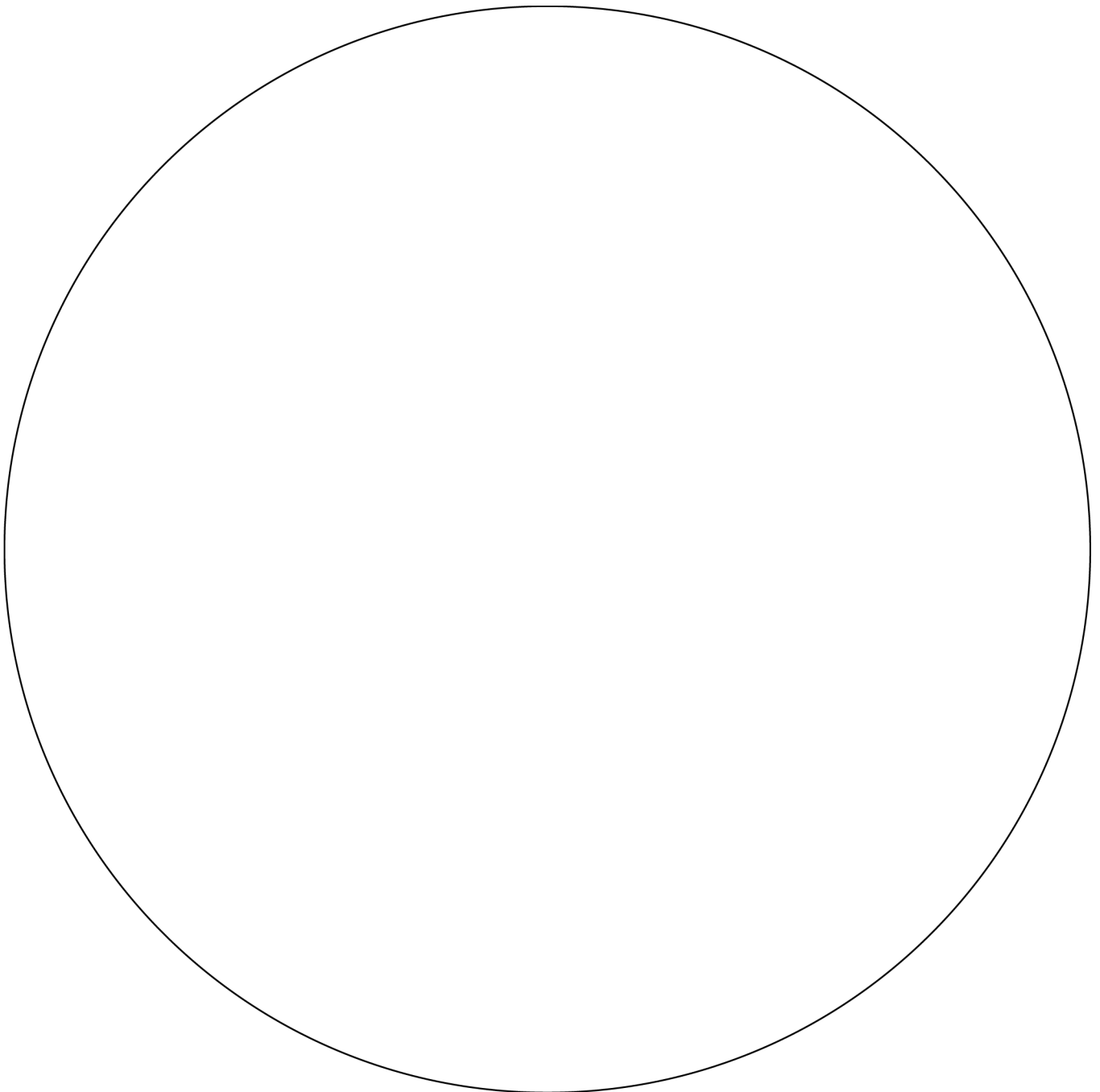
DARING TO SET
BOUNDARIES IS
ABOUT HAVING THE
COURAGE TO LOVE
OURSELVES EVEN
WHEN WE RISK
DISAPPOINTING
OTHERS.

Today's mood

USE THIS PAGE TO:

-WRITE WORDS OR PHRASES THAT RESONATE WITH HOW YOU'RE FEELING TODAY, -SKETCH OR DOODLE ANYTHING THAT DESCRIBES

YOUR CURRENT STATE OF MIND, USE COLORS THAT REFLECT YOUR MOOD



What boundaries sound like

THINK OF SOME OLD HABITS THAT HAVEN'T SERVED YOU WHICH SHOULD NOW BE REPLACED BY HEALTHY BOUNDARIES, (FOR EXAMPLE: EXPERIENCING BURNOUT FROM HELPING OTHERS TOO MUCH. BEING TAKEN ADVANTAGE OF LETTING OTHERS WASTE MY TIME...)

I DON'T LIKE TO BE CALLED THAT NAME

I DON'T THINK THAT'S FUNNY

YOU'RE A LITTLE CLOSE. COULD YOU PLEASE STEP BACK?

THAT'S NOT SOMETHING I WISH TO SHARE

PLEASE STOP

THAT MAKES ME FEEL UNCOMFORTABLE

I'LL HAVE TO THINK ABOUT IT

NO.

I DON'T LIKE THIS CONVERSATION

THAT HURTS MY FEELINGS

I'D LIKE TO LEAVE

THIS IS WHAT I NEED...

Signs that you may need to set boundaries

YOU OFTEN FEEL UNAPPRECIATED

YOU OFTEN FEEL GUILTY

IT'S HARD FOR YOU TO
ASK FOR WHAT YOU
NEED

YOU OFTEN FIND
YOURSELF IN THE
MIDDLE OF OTHERS
DRAMA

YOU FIND IT HARD TO
SPEAK UP

YOU FEEL
OVERWHELMED

YOU AVOID CONFLICT

YOU SAY YES WHEN YOU
DON'T WANT TO

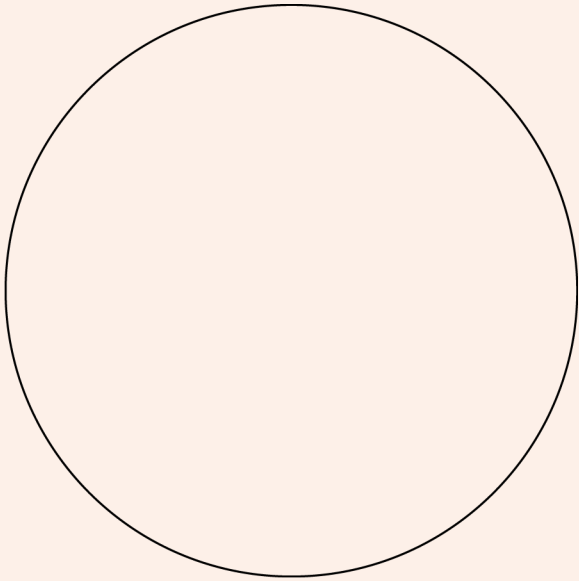
YOU AGREE WITH
OTHERS JUST TO MAKE
THEM HAPPY

YOU FIND IT HARD TO
MAKE DECISIONS

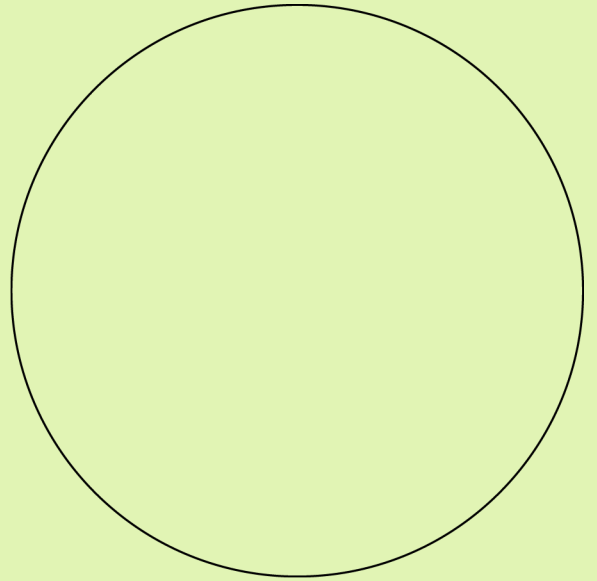


My personal space bubble

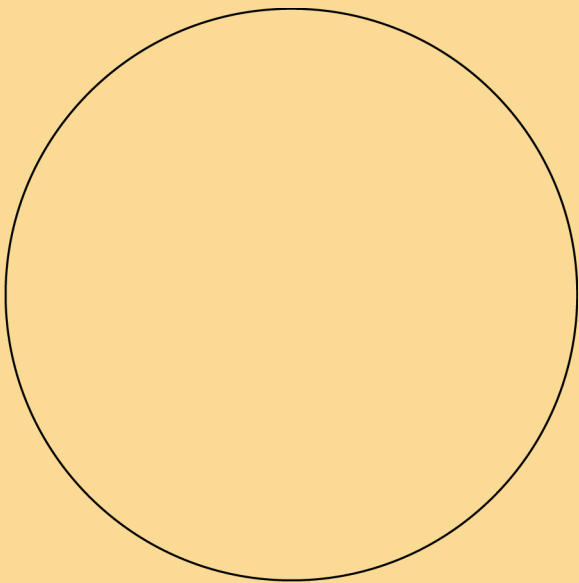
IN MY BUBBLE I FEEL...



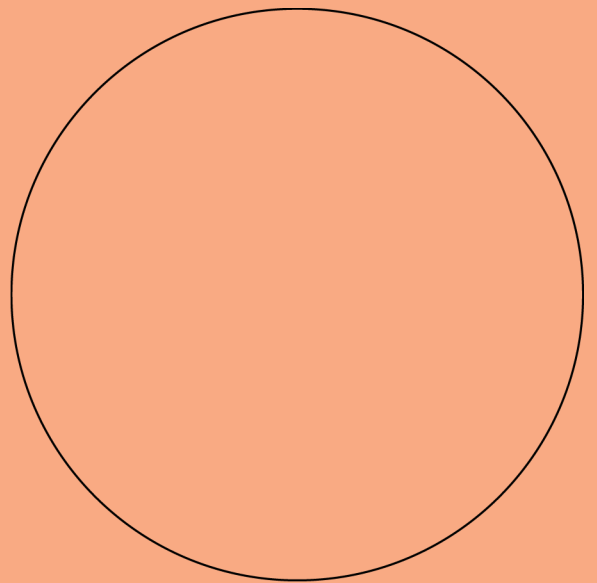
I RESPECT OTHERS' SPACE BY...



WHY I NEED A BUBBLE
OF PERSONAL SPACE:



WHEN SOMEONE INVADES MY
SPACE I CAN...



How to say no

THOUGH IT MAY SEEM SIMPLE TO SOME, MANY PEOPLE STRUGGLE WITH SAYING NO DUE TO FEARING CONFLICT AND MAY NEED SOME PRACTICE AHEAD OF TIME. THESE TIPS CAN BE VERY HELPFUL IN DEALING WITH INTIMIDATING SITUATIONS.



BE CLEAR (KNOW WHAT YOU ARE SAYING YES TO, AND WHAT YOU ARE SAYING NO TO)

IN SOME CASES NO REPLY IS NEEDED OR APPROPRIATE AT ALL THAT'S ALSO OK

PRACTICE (FOR EXAMPLE, BY WRITING A NOTE ON YOUR PHONE)

KEEP IT SHORT AND SIMPLE, NO NEED TO OVER-EXPLAIN OR JUSTIFY

KEEP IN MIND WHY THIS IS AN IMPORTANT PRACTICE

REMIND YOURSELF THAT IT IS OK TO SAY NO

DECIDE ON THE PLACE THAT IS MOST COMFORTABLE FOR YOU (IN PERSON, OVER THE PHONE, VIA MESSAGE, ETC.)

RESPOND IN A TIMEFRAME THAT'S CONVENIENT FOR YOU

ACKNOWLEDGE AND RESPECT THE OTHER PERSON'S FEELINGS


OFFER AN ALTERNATIVE ONLY IF YOU GENUINELY INTEND TO AND WANT TO.

IN THE FUTURE, FEEL CONFIDENT IN BEING AVAILABLE WHENEVER YOU CHOOSE TO BE


Benefits of setting boundaries




GREATER SHARED
UNDERSTANDING



IMPROVED
COMMUN
ICATION SKILLS



PREVENT
CONFUSION
OR
MISUNDERSTA
-NDING




AVOIDING
TOXIC
FRIENDSHIPS



LESS STRESS



IMPROVED
SELF ESTEEM



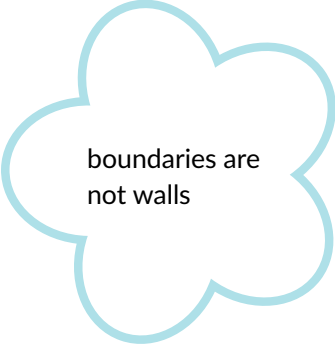
RESPECT
FROM
YOURSELF
AND OTHERS



i deserve respect



i have a voice



boundaries are
not walls



my time is
valuable



i know who i
am



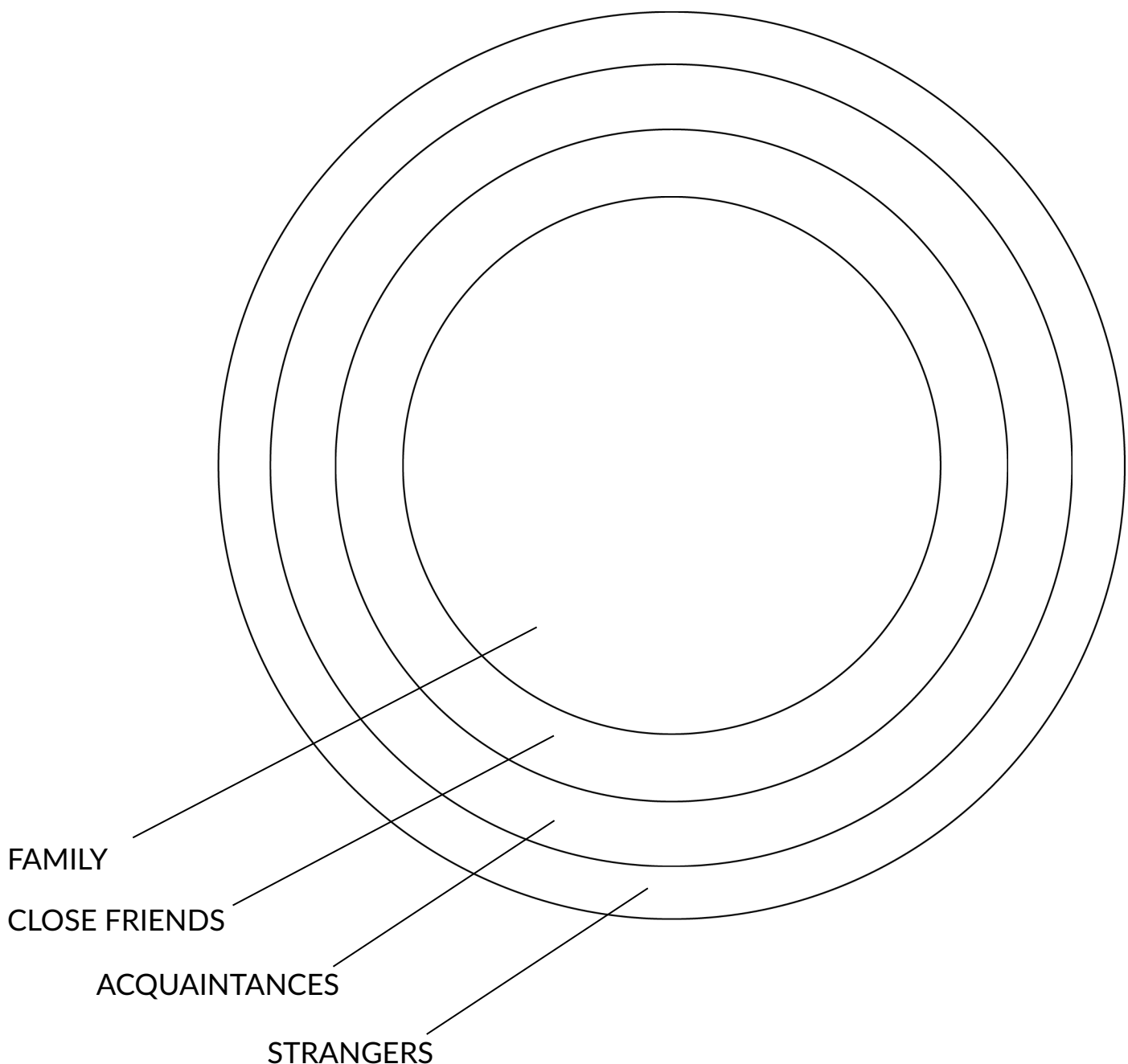
it's ok to say no



i can say yes to
myself

Setting my personal boundaries

IT'S PERFECTLY NORMAL TO HAVE DIFFERENT LEVELS OF COMFORTABLE BOUNDARIES WITH DIFFERENT PEOPLE. LET'S DEFINE WHAT WE'RE COMFORTABLE WITH.



Boundaries challenge

day 1

USE THE WORKSHEETS IN THIS BOOK TO DEFINE MY NEW BOUNDARIES

day 2

HAVE A SELF CARE DAY TO FOCUS ON MYSELF

day 3

SPEAK TO A PERSON YOU TRUST ABOUT YOUR JOURNEY AND NEW BOUNDARIES

day 4

RECORD A BOUNDARY THAT IS CROSSED AND THE ACTION YOU TOOK

day 5

START A NEW BOOK ON THE TOPIC AND MAKE A NOTE OF ANYTHING HELPFUL

day 6

SAY YES TO YOURSELF TODAY! (TAKE A BREAK, TREAT YOURSELF, STAND UP FOR YOURSELF...)

day 7

USE THE HABIT TRACKER PAGES TO START CULTIVATING ONE NEW HEALTHY HABIT

RESULTS/NOTES:

Social Media Boundaries

IT'S OK TO...

BLOCK
PEOPLE

RESTRICT OR MUTE
ACCOUNTS

TURN OFF NOTIFICATIONS

UNFOLLOW CONTENT THAT
MAKES YOU FEEL BAD

TAKE TIME
RESPONDING

LIMIT TIME SPENT ONLINE

TAKE A BREAK WHEN
NEEDED

UNFRIEND THOSE WHO
DON'T RESPECT
BOUNDARIES

POST WHAT BRINGS YOU
JOY

The art of saying no

IT CAN BE VERY INTIMIDATING TO SAY NO (ESPECIALLY FOR THOSE WHO ARE NOT USED TO APPLYING BOUNDARIES). TO HELP WHEN PUT ON THE SPOT, HERE ARE SOME EXAMPLES OF HOW TO REPLY IN A CONFIDENT AND SELF ASSURED WAY

I APPRECIATE THE OFFER BUT I'VE PLANNED SOME TIME TO MYSELF TO RECHARGE AFTER A BUSY WEEK.

THAT ISN'T MY KIND OF ACTIVITY BUT THANKS FOR THE INVITATION. HAVE FUN AND WE'LL DO SOMETHING ELSE SOON!

THANK YOU FOR THINKING OF ME. UNFORTUNATELY I WON'T MAKE IT BUT THANK YOU FOR THE OFFER.

SOCIALISING IS DIFFICULT FOR ME RIGHT NOW AND NOT THE BEST FOR MY MENTAL HEALTH BUT I'D LOVE TO SEE YOU ONCE I'M FEELING BETTER IN A LITTLE WHILE. I APPRECIATE YOU CHECKING IN.

I KNOW I'VE SAID NO SEVERAL TIMES LATELY BUT I'VE BEEN HAVING A HARD TIME, TO BE HONEST. IT'S NOT THAT I DON'T WANT TO SEE YOU, I JUST NEED SOME TIME TO RECHARGE.

Fears

HAVING DIFFICULTY SETTING BOUNDARIES CAN STEM FROM FEAR (OF REJECTION, CONFRONTATION, ETC). WHEN WE DIG DEEPER INTO THESE FEARS, WE CAN SEE THE TRUTH AND THAT THERE IS LITTLE TO BE AFRAID OF.

FEAR: IF SPEAK UP IT WILL LEAD TO A CONFRONTATION	IS IT REALLY TRUE OR HELPFUL? THIS IS POSSIBLE BUT I DON'T HAVE TO ENGAGE AND CAN CHOOSE TO LEAVE A SITUATION THAT MAKES ME UNCOMFORTABLE	CONCLUSION THIS FEAR SHOULDN'T HOLD ME BACK FROM SPEAKING OUT
FEAR:	IS IT REALLY TRUE OR HELPFUL?	CONCLUSION
FEAR:	IS IT REALLY TRUE OR HELPFUL?	CONCLUSION
FEAR:	IS IT REALLY TRUE OR HELPFUL?	CONCLUSION

My Support System

WE ALL NEED SOMEONE TO RELY ON IN DIFFICULT TIMES. USE THIS PAGE TO IDENTIFY THOSE PEOPLE AND EXPRESS GRATITUDE FOR THEM.

WHO CAN I CALL ON IN
TIMES OF NEED?

WAYS IN WHICH THEY
SUPPORT ME:

THEY ADD VALUE TO MY
LIFE BY...

THEY ADD VALUE TO MY
LIFE BY...

WHY I AM GRATEFUL FOR
MY SUPPORT SYSTEM:

Quotes and Affirmations

MAKE NOTE OF YOUR OWN FAVORITE QUOTES OR AFFIRMATIONS TO REFER TO FOR A BOOST OF CONFIDENCE AND INSPIRATION WHEN DEALING WITH SETTING BOUNDARIES.

WHAT ARE BOUNDARIES

Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say "no" to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships. A person who always keeps others at a distance (whether emotionally, physically, or otherwise) is said to have rigid boundaries. Alternatively, someone who tends to get too involved with others has porous boundaries.

COMMON TRAITS OF RIGID, POROUS, AND HEALTHY BOUNDARIES

RIGID BOUNDARIES

Avoids intimacy and close relationships. Unlikely to ask for help. Has few close relationships. Very protective of personal information. May seem detached, even with romantic partners. Keeps others at a distance to avoid the possibility of rejection.

POROUS BOUNDARIES

personal information. Difficulty saying "no" to the requests of others. Overinvolved with others' problems. Dependent on the opinions of others. Accepting of abuse or disrespect. Fears rejection if they do not comply with others.

HEALTHY BOUNDARIES

Values own opinions. Doesn't compromise values for others. Shares personal information in an appropriate way (does not over or under share). Knows personal wants and needs, and can communicate them. Accepting when others say "no" to them.

HEALTHY BOUNDARIES VS. UNHEALTHY BOUNDARIES

EXAMPLES OF HEALTHY BOUNDARIES

Valuing your own opinions

Not compromising personal values for others

Sharing personal information in an appropriate way (not over or under sharing!

Knowing your personal wants and needs and communicating them.

Accepting when others say "no" and staying focused on your own growth and recovery.

Deciding whether a new relationship will be good for you as opposed to imprinting onto the first person who shows interest. Being your own loving advocate.

Noticing when someone is engaging in unhealthy boundaries.

Trusting your own decisions. Knowing who you are and what you want.

Moving slowly into intimacy. Keeping track of red flags, as opposed to sweeping them aside.

Thank
you

The text "Thank you" is written in a black, elegant cursive font. The word "Thank" is on the top line and "you" is on the bottom line. The text is surrounded by a circular arrangement of short, black, radiating lines, creating a sunburst or starburst effect behind the words.