

Boundary Crafting Template

This worksheet is designed to help you create clear, actionable boundaries and practice communicating them with confidence. Use this as a guide to reflect on your values, recognize where your boundaries may need strengthening, and craft statements you feel ready to use.

Step 1: Identify the Situation

Think about an area in your life where you feel your boundaries are crossed or where you experience discomfort.

Prompt 1: What situation or behavior makes you feel uneasy or disrespected?

- Example: A friend repeatedly cancels plans at the last minute.
- Example: A coworker interrupts you during meetings.

Write your answer here: _____

Prompt 2: How does this behavior make you feel?

- Example: Frustrated, unimportant, or ignored.

Write your answer here: _____

Prompt 3: Why is this boundary important to you?

- Example: My time is valuable, and I need to protect it.
- Example: I want to feel respected when I'm speaking.

Write your answer here: _____

Step 2: Craft Your Boundary Statement

Use the Boundary Formula to write a clear and actionable boundary.

Formula:

"I will [specific action] if [specific behavior] continues."

Examples:

- "I will stop responding to texts during work hours if you keep messaging me about non-urgent matters."
- "I will pause the conversation if you raise your voice at me."

Your Turn!

Boundary Statement: _____

Step 3: Anticipate Pushback

Think about how the other person might react to your boundary.

Prompt 1: What kind of response do you expect? (e.g., resistance, guilt-tripping, ignoring your boundary)

Prompt 2: How will you stay calm and confident in your response?

- Example: "I understand you're frustrated, but this boundary is important to me."
- Example: "I've already stated my boundary, and I won't debate it further."

Write your response here: _____

Step 4: Practice Communicating Your Boundary

Practice saying your boundary statement out loud using a calm, steady tone.

- Non-Verbal Practice: Stand in front of a mirror and focus on your body language. Are your shoulders relaxed? Are you making steady eye contact?
- Verbal Practice: Say your statement out loud 2-3 times until it feels natural.

Optional Exercise: Role-play the situation with a trusted friend or journal about how you feel after practicing.

Step 5: Reflect

After setting your boundary, reflect on how it felt to assert yourself.

Prompt 1: Did the other person respect your boundary? If not, how did you respond?

Prompt 2: What did you learn from this experience?

Prompt 3: How will you continue to reinforce this boundary moving forward?

Your reflection here: _____

Bonus Tips for Strengthening Boundaries

1. Start Small: Practice setting boundaries in lower-stakes situations first to build confidence.
2. Stay Firm: Repeat your boundary if someone challenges it. Consistency is key!
3. Prioritize Self-Care: Protecting your peace is never selfish—it's necessary.