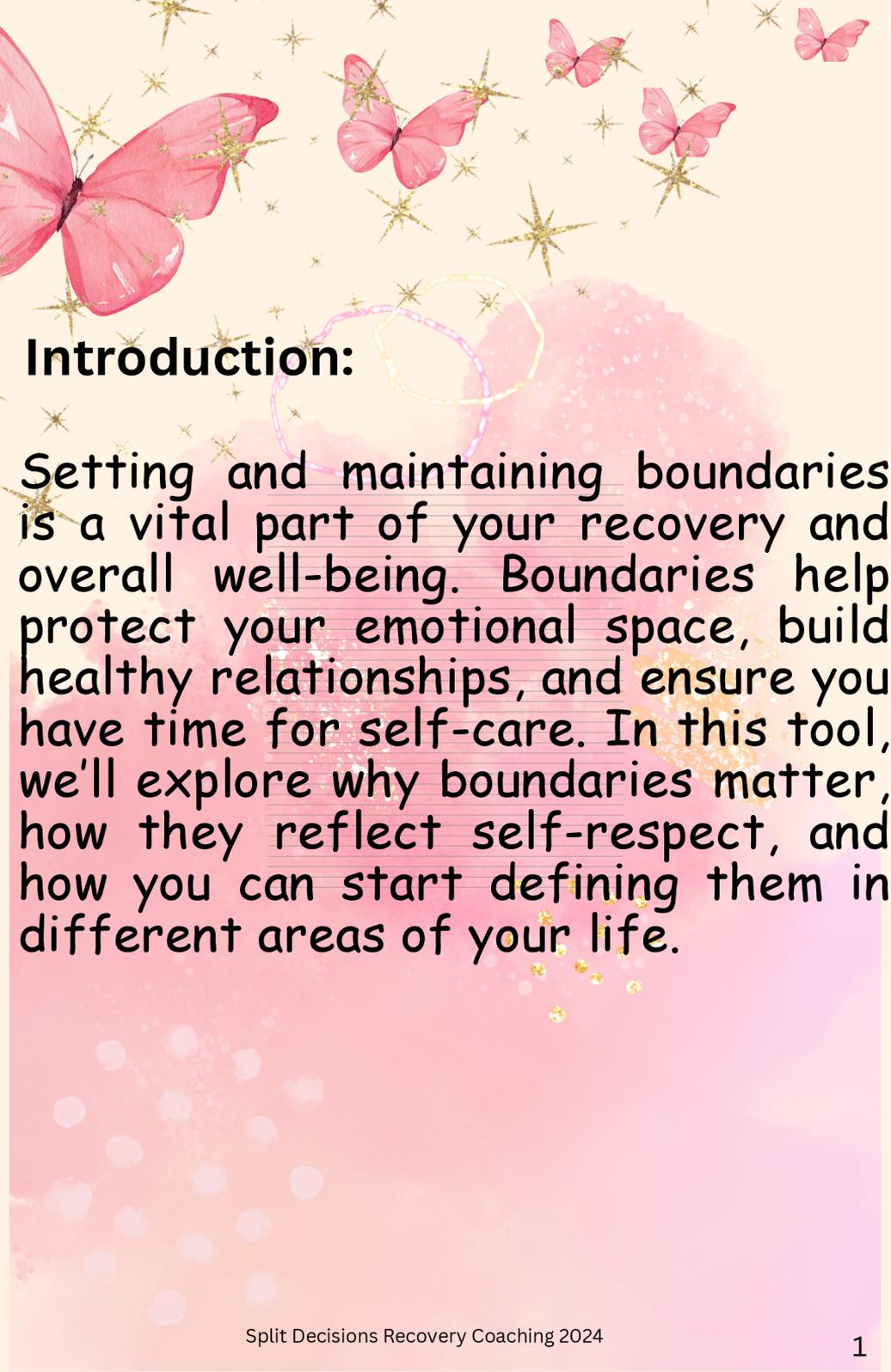




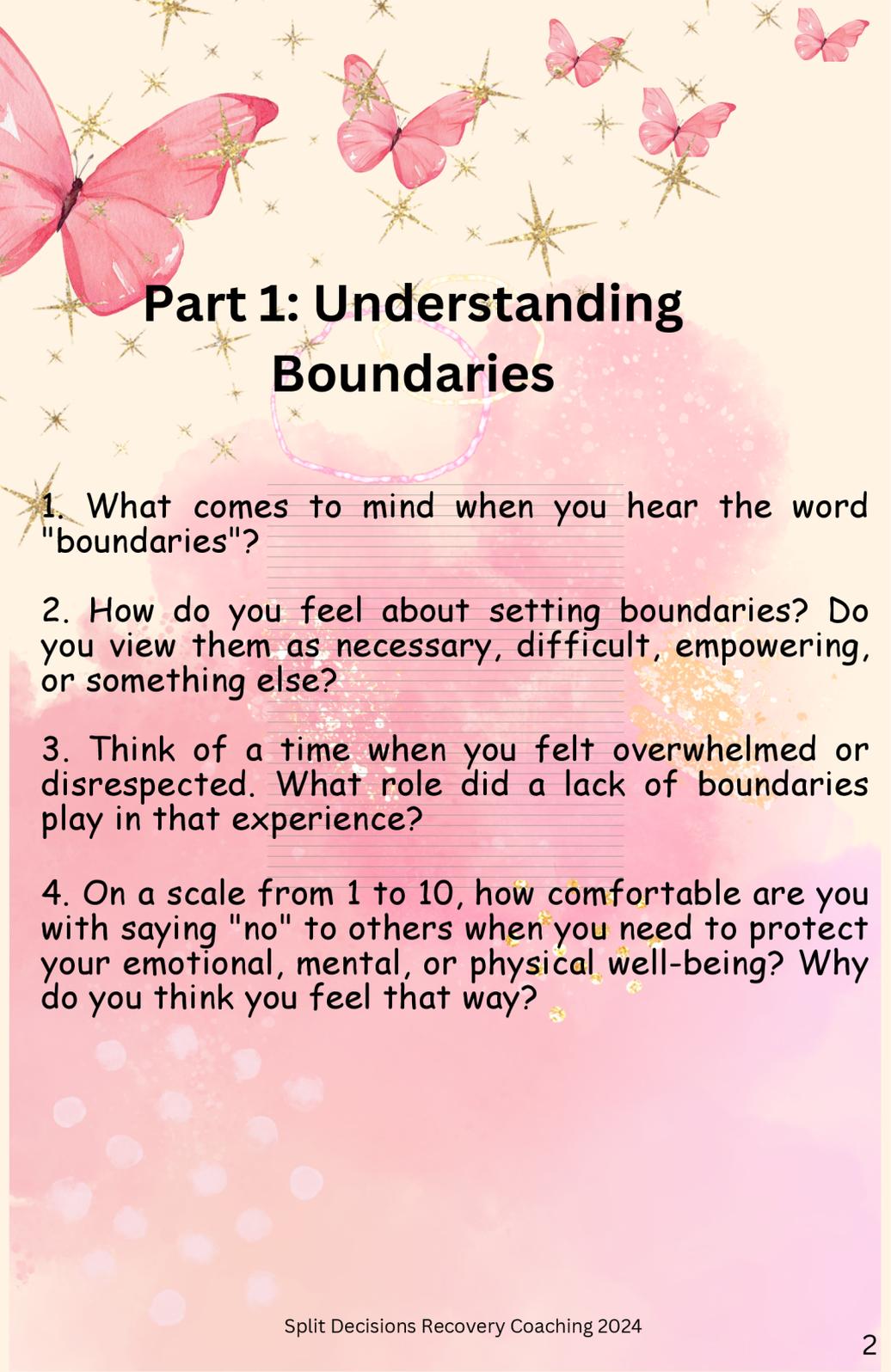
Your
Boundaries
It's okay to have them!

With Coach Sabrina Woods



Introduction:

Setting and maintaining boundaries is a vital part of your recovery and overall well-being. Boundaries help protect your emotional space, build healthy relationships, and ensure you have time for self-care. In this tool, we'll explore why boundaries matter, how they reflect self-respect, and how you can start defining them in different areas of your life.



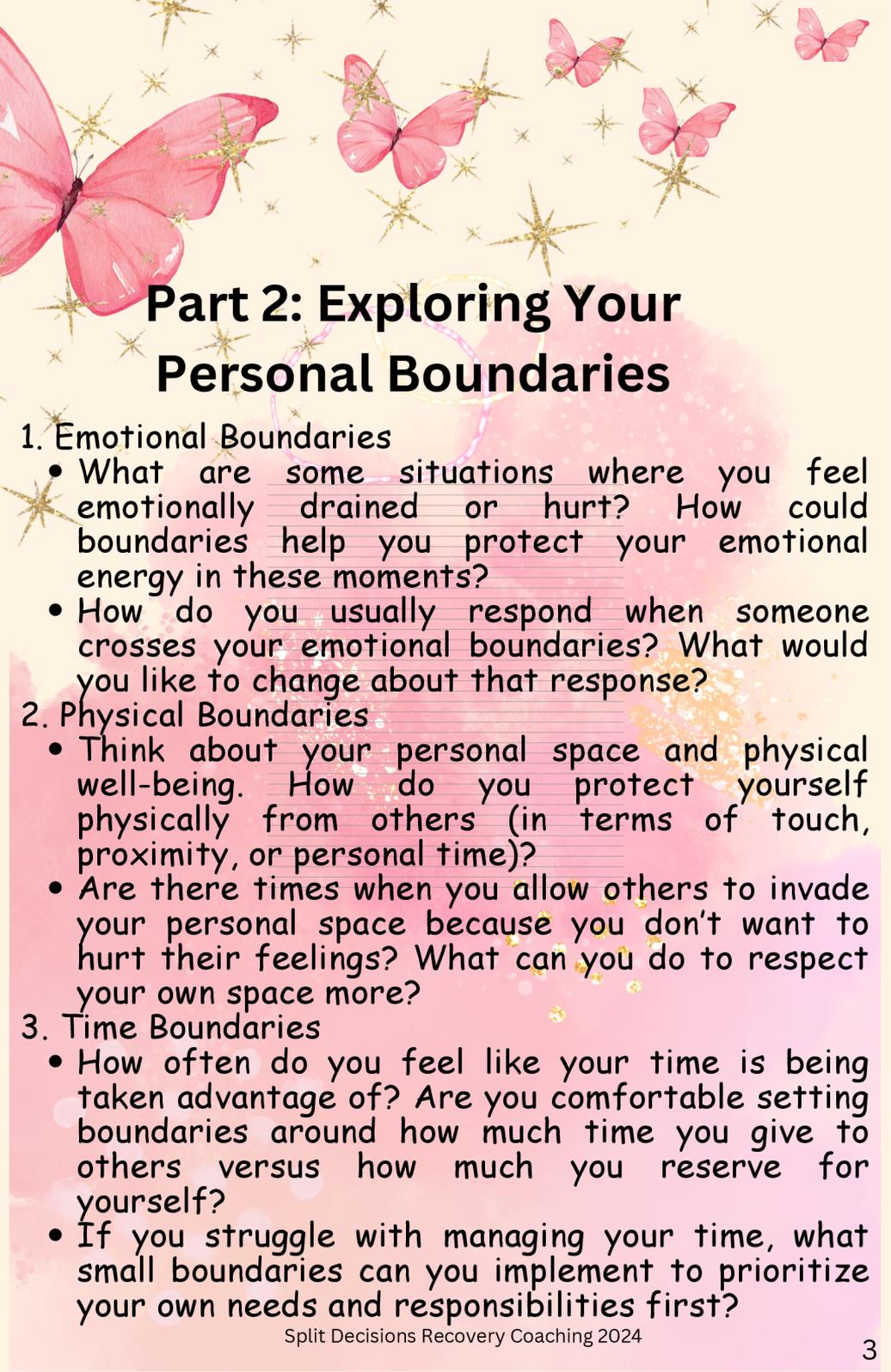
Part 1: Understanding Boundaries

1. What comes to mind when you hear the word "boundaries"?

2. How do you feel about setting boundaries? Do you view them as necessary, difficult, empowering, or something else?

3. Think of a time when you felt overwhelmed or disrespected. What role did a lack of boundaries play in that experience?

4. On a scale from 1 to 10, how comfortable are you with saying "no" to others when you need to protect your emotional, mental, or physical well-being? Why do you think you feel that way?



Part 2: Exploring Your Personal Boundaries

1. Emotional Boundaries

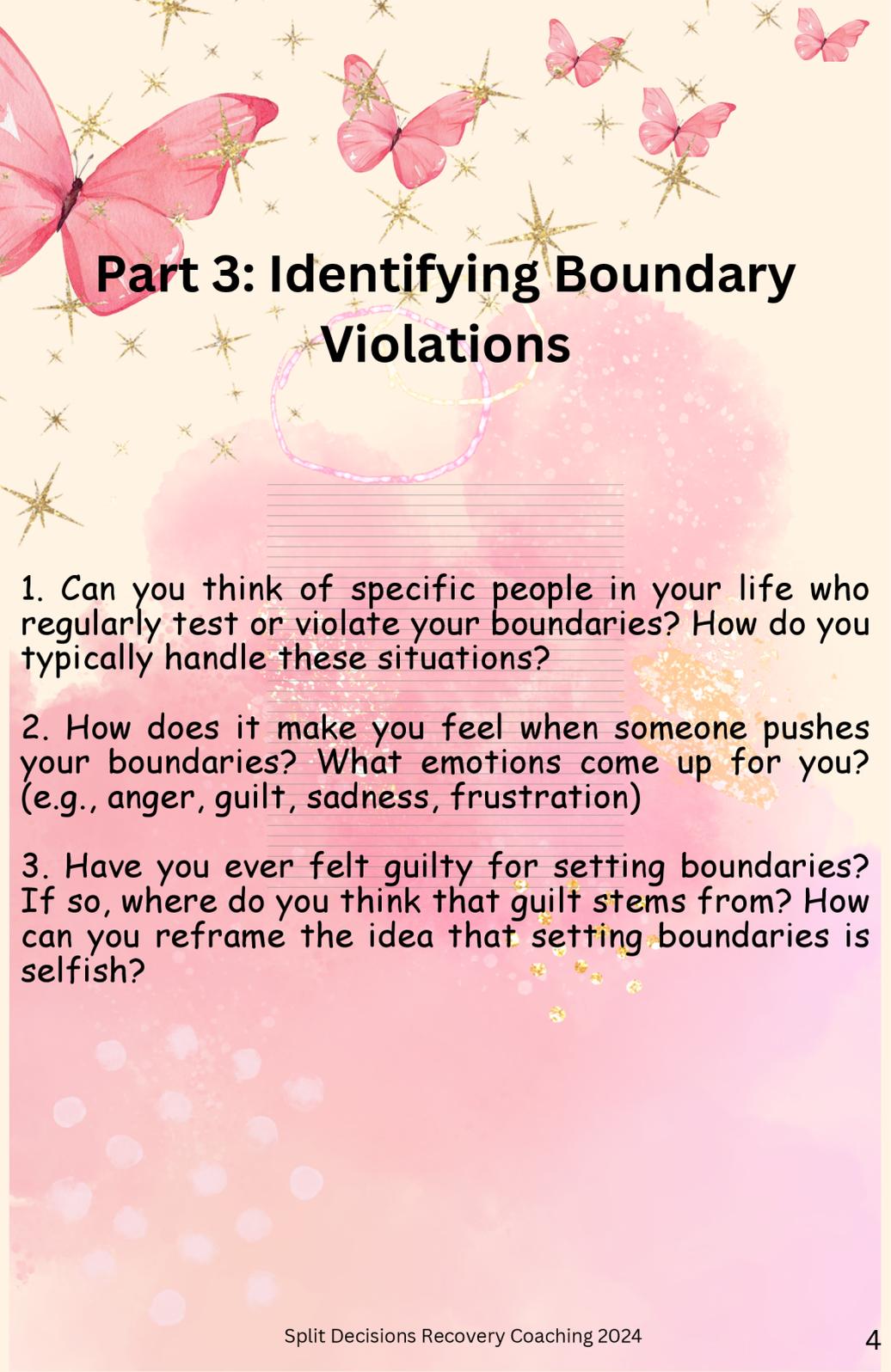
- What are some situations where you feel emotionally drained or hurt? How could boundaries help you protect your emotional energy in these moments?
- How do you usually respond when someone crosses your emotional boundaries? What would you like to change about that response?

2. Physical Boundaries

- Think about your personal space and physical well-being. How do you protect yourself physically from others (in terms of touch, proximity, or personal time)?
- Are there times when you allow others to invade your personal space because you don't want to hurt their feelings? What can you do to respect your own space more?

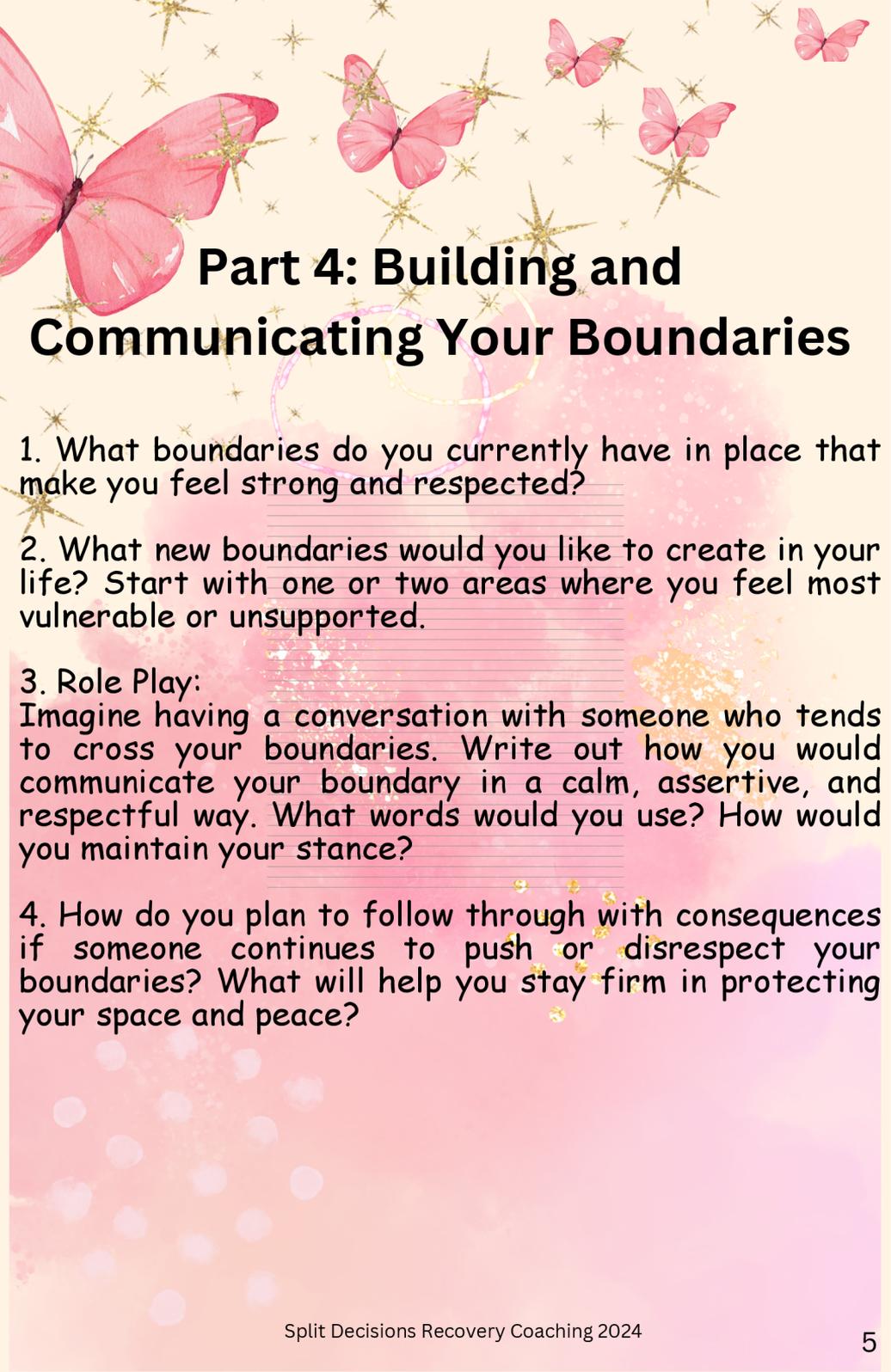
3. Time Boundaries

- How often do you feel like your time is being taken advantage of? Are you comfortable setting boundaries around how much time you give to others versus how much you reserve for yourself?
- If you struggle with managing your time, what small boundaries can you implement to prioritize your own needs and responsibilities first?



Part 3: Identifying Boundary Violations

1. Can you think of specific people in your life who regularly test or violate your boundaries? How do you typically handle these situations?
2. How does it make you feel when someone pushes your boundaries? What emotions come up for you? (e.g., anger, guilt, sadness, frustration)
3. Have you ever felt guilty for setting boundaries? If so, where do you think that guilt stems from? How can you reframe the idea that setting boundaries is selfish?



Part 4: Building and Communicating Your Boundaries

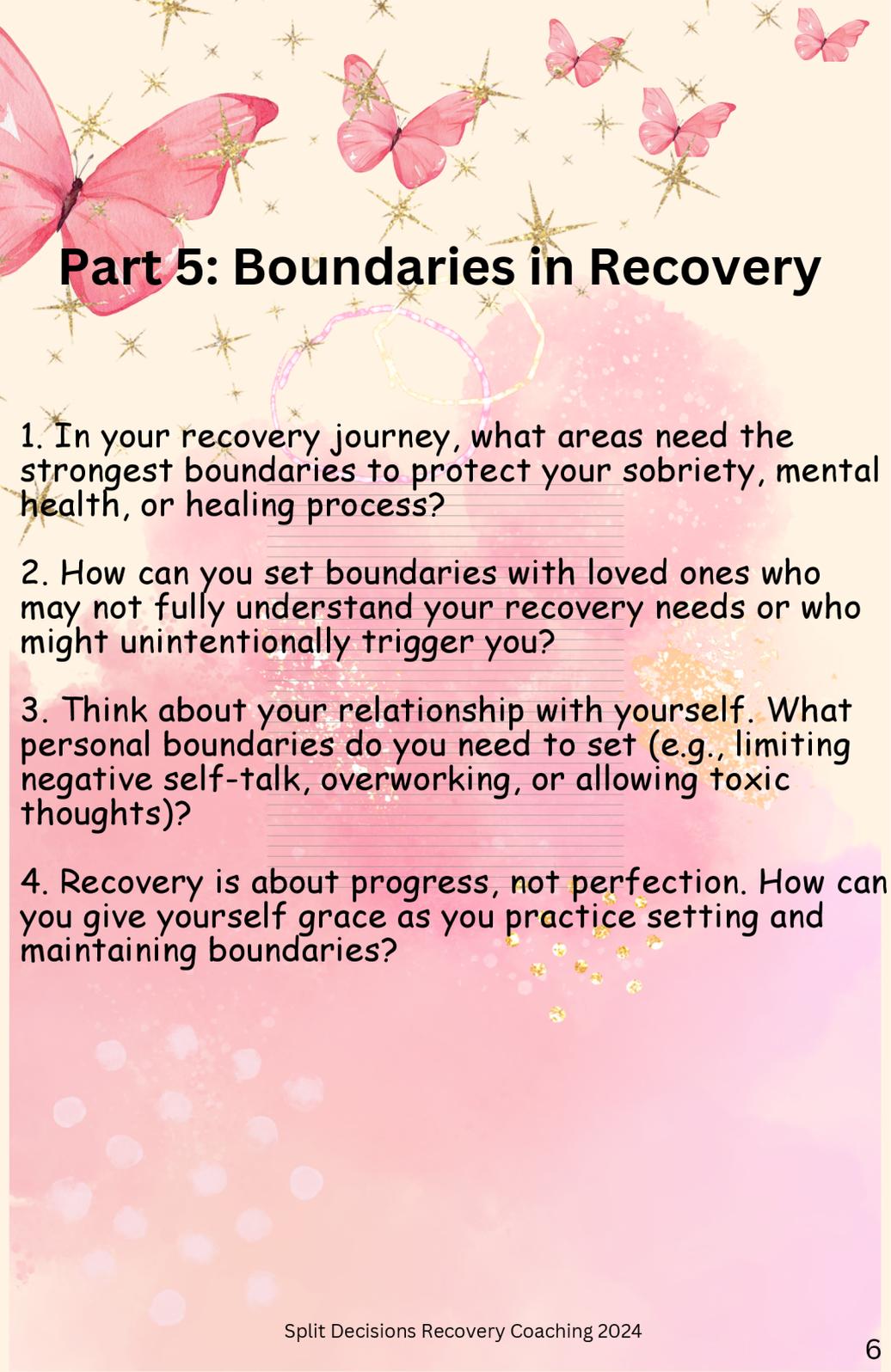
1. What boundaries do you currently have in place that make you feel strong and respected? _____

2. What new boundaries would you like to create in your life? Start with one or two areas where you feel most vulnerable or unsupported. _____

3. Role Play:

Imagine having a conversation with someone who tends to cross your boundaries. Write out how you would communicate your boundary in a calm, assertive, and respectful way. What words would you use? How would you maintain your stance? _____

4. How do you plan to follow through with consequences if someone continues to push or disrespect your boundaries? What will help you stay firm in protecting your space and peace? _____



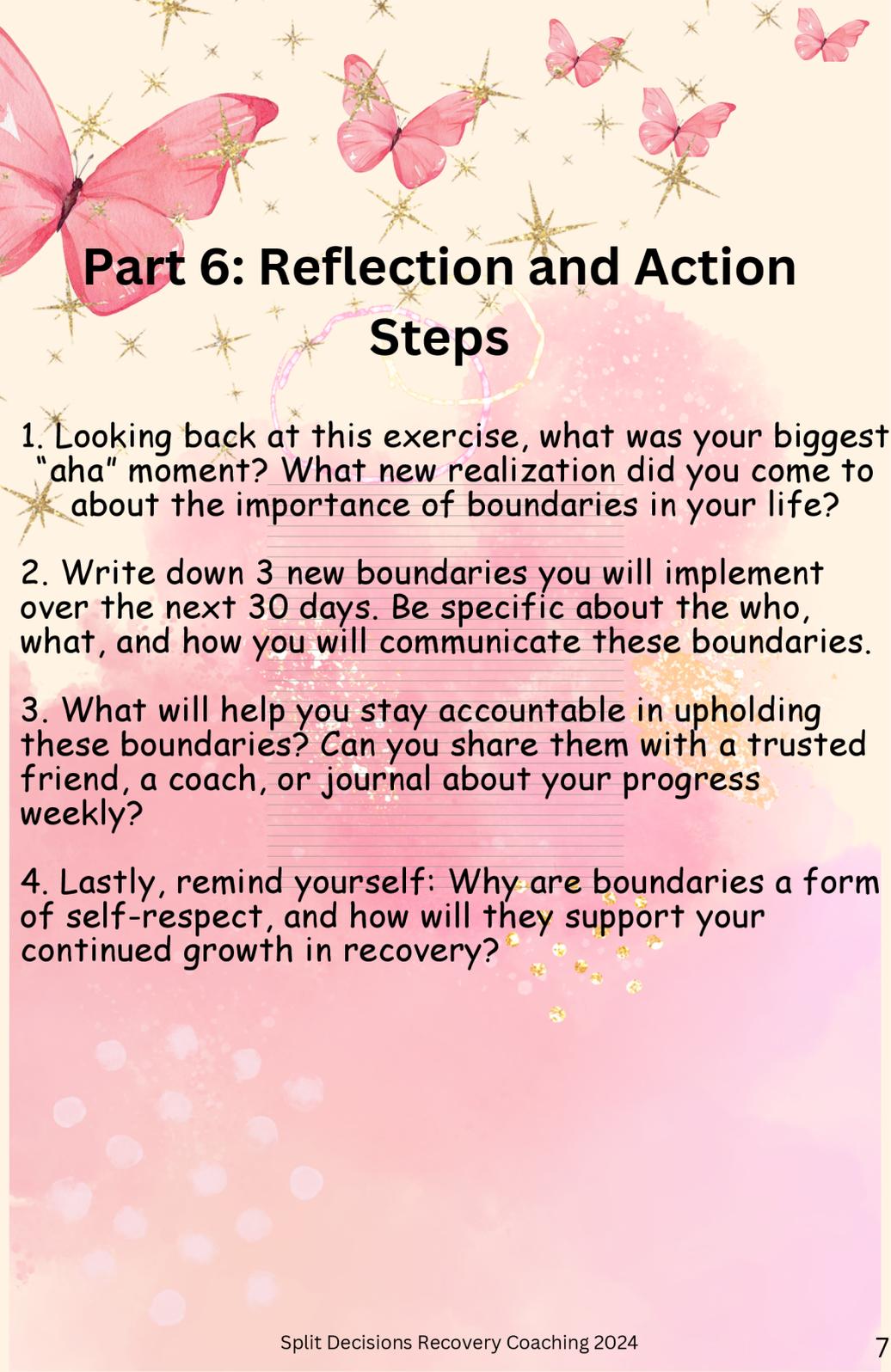
Part 5: Boundaries in Recovery

1. In your recovery journey, what areas need the strongest boundaries to protect your sobriety, mental health, or healing process?

2. How can you set boundaries with loved ones who may not fully understand your recovery needs or who might unintentionally trigger you?

3. Think about your relationship with yourself. What personal boundaries do you need to set (e.g., limiting negative self-talk, overworking, or allowing toxic thoughts)?

4. Recovery is about progress, not perfection. How can you give yourself grace as you practice setting and maintaining boundaries?



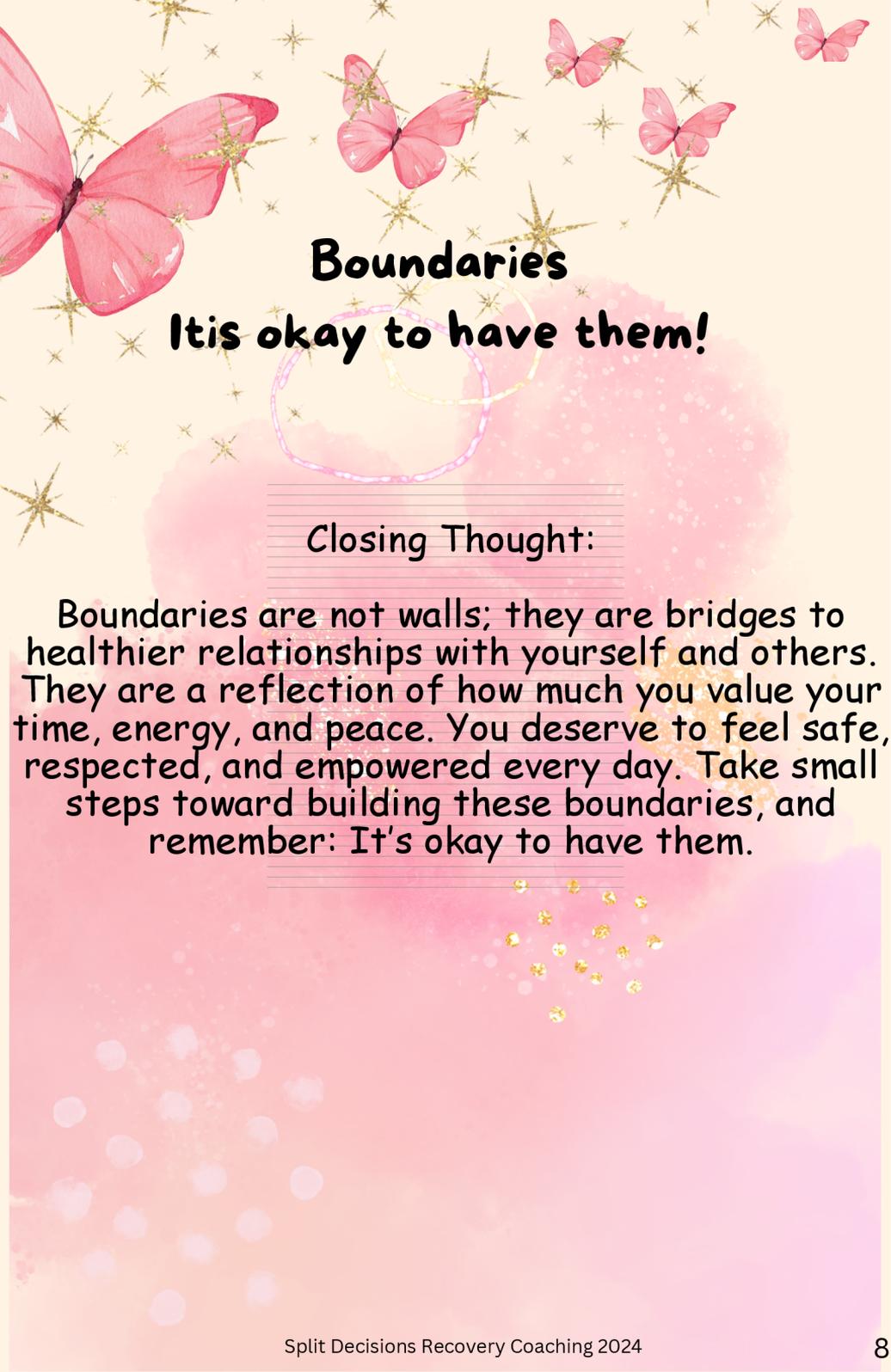
Part 6: Reflection and Action Steps

1. Looking back at this exercise, what was your biggest “aha” moment? What new realization did you come to about the importance of boundaries in your life?

2. Write down 3 new boundaries you will implement over the next 30 days. Be specific about the who, what, and how you will communicate these boundaries.

3. What will help you stay accountable in upholding these boundaries? Can you share them with a trusted friend, a coach, or journal about your progress weekly?

4. Lastly, remind yourself: Why are boundaries a form of self-respect, and how will they support your continued growth in recovery?

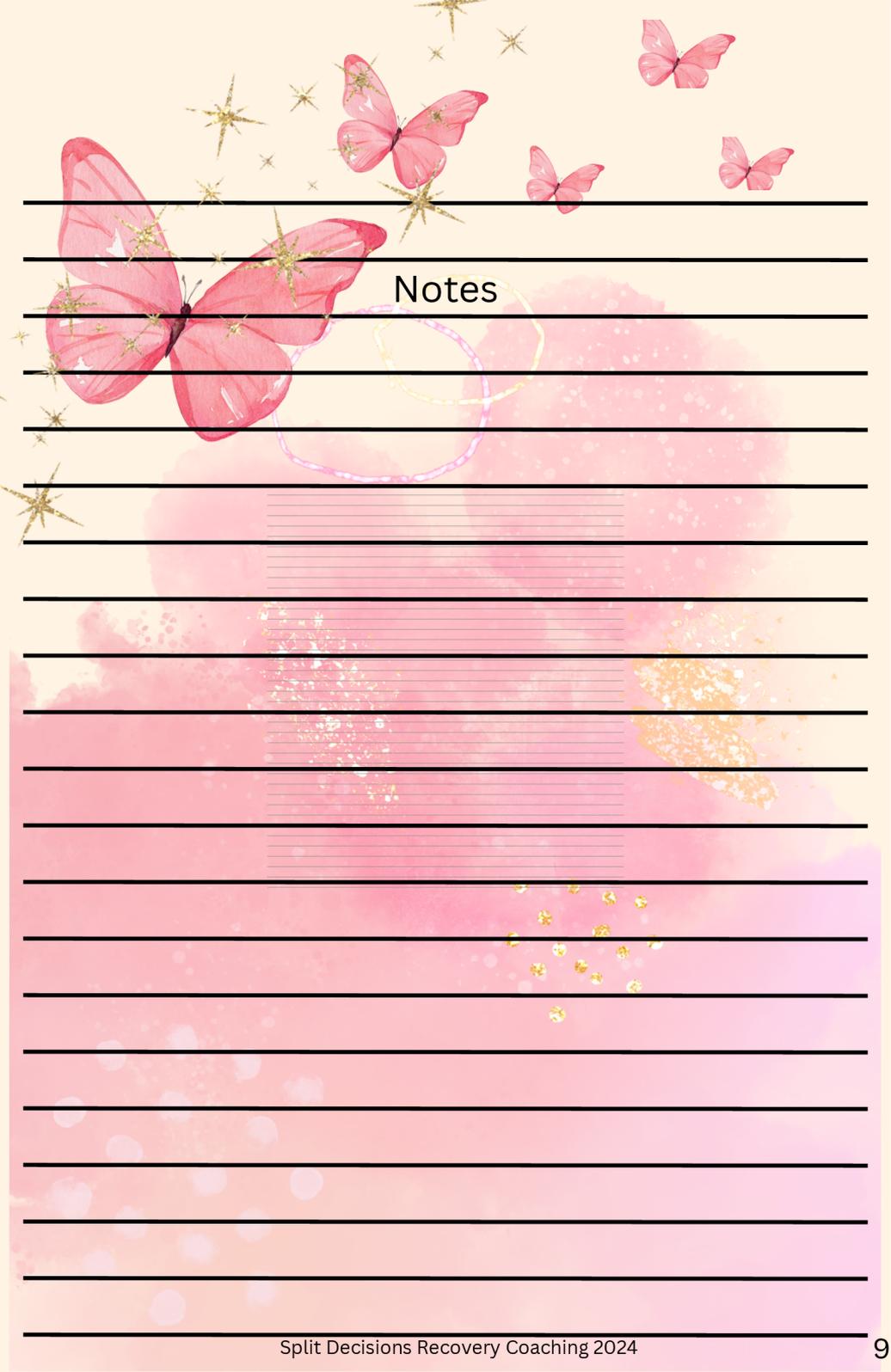


Boundaries

It is okay to have them!

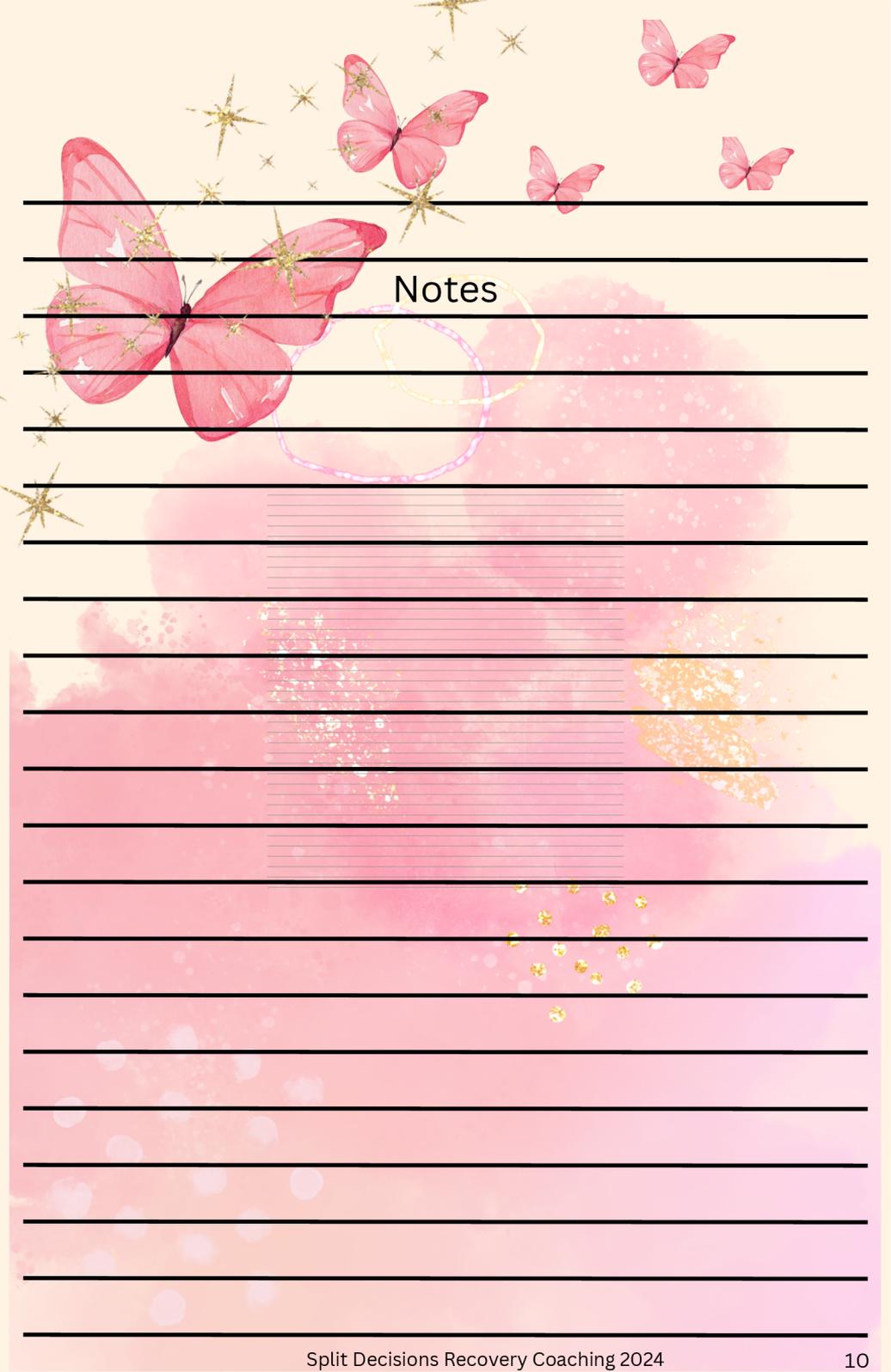
Closing Thought:

Boundaries are not walls; they are bridges to healthier relationships with yourself and others. They are a reflection of how much you value your time, energy, and peace. You deserve to feel safe, respected, and empowered every day. Take small steps toward building these boundaries, and remember: It's okay to have them.



Notes

A central rectangular area containing horizontal lines for writing, overlaid on the pink watercolor splash. The lines are evenly spaced and extend across the width of the central area.



Notes