

Boundary Plan



- Boundaries are clear limits we set and uphold about what is and isn't okay.
- They support self-respect, integrity, and empathy while reducing resentment in relationships.
- They clarify what we choose to say "yes" to in order to protect our wellbeing.

Signs that you may need to set a boundary:

- You feel completely responsible for another person's happiness or well being.
- You are constantly afraid of letting someone down.
- You say "yes" even when you don't want to.
- You feel guilty when you say "no".
- You are always the one apologizing or "fixing" things.
- You are asked to keep secrets that make you uncomfortable.
- You avoid speaking up about your feeling because someone else will be upset.
- Your time is not as important as the other person's time.
- You don't say/do anything when someone hurts you.
- You feel taken advantage of or used.
- You don't get to do things that you enjoy.
- You feel exhausted and resentful toward someone that you love.
- You have been let down or lied to repeatedly.
- You ignore your needs to keep the peace.
- You feel the need to over-explain or apologize often.
- You feel you must always be available to others.

Self-Reflection:

- Where do you feel like you may need to set a boundary in your life?
- What would it look like, sound like, and feel like if you set a boundary?
- What are the potential risks of setting a boundary?*
- What are the potential benefits of setting a boundary?

*If the risks include physical harm, please seek additional support in assessing risk and safety.

Boundary Statements

Choose a boundary statement that might work for you. Make one up if there is not one that fits for you.

I can help but I cannot do this for you.

I need you to repeat and clarify that statement.

I need to be included on this.

I'm feeling overwhelmed and I need to take a break.

I respect your thoughts on the matter. It is my decision.

I need some time right now. We can discuss this later.

I hear what you are saying but I need to end this conversation now.

I don't feel comfortable sharing/ doing that.

I need to talk with someone before I answer that question.

I am sorry, I can't make it.

This is not okay with me.

Please don't do that.

That is not something I can do right now.

I need to set a boundary on this.

I need more support to be effective.

Preparing for setting a boundary:

When you feel ready, practice saying it out loud. Visualize yourself standing firm even if the other person is uncomfortable with your boundary.

Imagine how you will feel. What strategies will you use to deal with unwanted emotions?

Practice until you are ready.

Draw a picture of you successfully holding this boundary.