
Setting Guilt Free Boundaries

This worksheet will help you to protect your energy without apologising for having needs.

What Are Boundaries?

Boundaries are the limits you set to protect your time, emotional health, physical comfort, and relationships. They are not walls; they are guidelines that help you interact with others in a way that feels respectful and sustainable.

Healthy boundaries help you:

- Prevent burnout
- Reduce resentment
- Strengthen relationships through clarity
- Protect your emotional and physical wellbeing
- Stay aligned with your values

Guilt often shows up because you are used to prioritising others. Setting boundaries is not selfish; it is responsible self-care.

Identifying where you need boundaries

1. Spotting Where You Need a Boundary

Tick anything that applies to you:

- ☐ I say yes when I'm overwhelmed
- ☐ I avoid disappointing others
- ☐ I feel responsible for other people's emotions
- ☐ I feel drained after certain interactions
- ☐ I'm hesitant to speak up when something bothers me
- ☐ I take on tasks I don't want to do

If you checked 2 or more, this worksheet is for you.

2. Identify One Area Where a Boundary Is Needed

Choose a category:

- Time
- Emotional energy
- Work/Role expectations
- Family dynamics
- Social commitments
- Communication (calls, messages, interruptions)

Write it here: I need a boundary around: _____

3. Clarify What You Need

Use these prompts to get specific:

- What feels too much right now?
- What do you need instead?
- How would the situation look if it felt healthy?

4. Create Your Guilt-Free Boundary Statement

Use one of these formulas:

- "I'm available for _____. I'm not available for _____."
- "I can do _____, but I can't do _____."
- "That doesn't work for me. What I can offer is _____."
- "I need _____. Please don't _____."

Write your version: _____

Handling the Guilt

Guilt is a habit, not a sign you're doing something wrong. You're unlearning people-pleasing patterns. The goal is emotional safety, not approval.

Reframe the guilt:

- "I'm allowed to take up space."
- "My needs matter too."
- "Setting a limit is an act of respect, not rejection."

Reminder: You're Not Responsible For Others' Reactions

People might need time to adjust. Their discomfort does not mean your boundary is wrong. Healthy people will respect your limits.
