



BroknOpen
NOT YOUR AVERAGE THERAPIST

HOW TO SET A HEALTHY BOUNDARY

Protect your peace. Respect your needs.



Boundaries are not walls to keep people out,
they are guidelines that help you treat yourself with respect
and have healthier, more balanced relationships.



1

GET CLEAR

What do I need?

- What's happening that feels uncomfortable?
- What do I need or want in this situation?
- What value, need, or limit is being crossed?

My clarity:



2

CHOOSE YOUR BOUNDARY

What will support me?

- What is within my control?
- What boundary will protect my well-being?
- What limit do I need to set?

My boundary:



3

COMMUNICATE IT

Say it clearly.

- What will I say?
- When and where will I say it?
- How can I be clear, respectful, and specific?

What I will say:



4

FOLLOW THROUGH

Keep your word.

- What will I do if my boundary isn't respected?
- What consequence will I follow through with?
- What action can I take that I control?

If this happens, I will:



5

CHECK & ADJUST

Boundaries can evolve.

- Is this boundary working for me?
- Do I need to strengthen, soften, or clarify it?
- How will I continue to honor my needs?

What I will adjust (if needed):

A BOUNDARY IS NOT: ❌

"YOU need to stop doing this."



This tries to control
the other person.



A BOUNDARY IS: ✅

"If this happens, THIS is what I will do."



This is me taking care
of myself.



*Reflection
Prompt*



What boundary do you need to set right now?
What's one small step you can take today?



Your boundaries are valid. Your peace is priceless.

