



Boundary Setting Guide & Practice Worksheet

What Are Boundaries?

Boundaries are limits we set to protect our emotional, physical, and mental well-being. They clarify what is acceptable and what is not in relationships, work, and daily life.

Signs You May Need Stronger Boundaries

- Feeling resentful or overwhelmed.
- Saying yes when you want to say no.
- Feeling responsible for others' emotions.
- Avoiding conflict at your own expense.
- Experiencing burnout or emotional exhaustion.

How to Set a Boundary

- Identify what feels uncomfortable or unsustainable.
- Clarify what you need instead.
- Communicate clearly and directly.
- Keep it brief — no over-explaining.
- Follow through consistently.

Examples of Boundary Statements

- "I'm not available for that."
- "I need some time to think about it."
- "I'm not comfortable discussing that."
- "I can help for 30 minutes, but then I need to leave."
- "That doesn't work for me."

Boundary-Setting Practice Worksheet

1. Identify the Situation

Where do I feel discomfort, resentment, or overwhelm?

2. What Boundary Is Needed?

What limit would protect my time, energy, or emotional well-being?

3. Draft My Boundary Statement

Keep it clear, direct, and brief:

4. Anticipate Pushback

What might the other person say or do?

Response Plan

How will I respond calmly and consistently?

5. Self-Reflection

How do I feel about setting this boundary?
