

# Boundary Setting Worksheet

A practical reflection tool for identifying needs, clarifying limits, and practicing compassionate communication.

## 1. Notice the Situation

What situation, relationship, request, or pattern is leaving you feeling overwhelmed, resentful, anxious, exhausted, or disconnected from yourself?

*Write it here:*

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## 2. Name What You Feel

What emotions come up when you think about this situation?

*Circle or list any that fit:*

Anxious | Angry | Guilty | Sad | Pressured | Resentful | Confused | Drained | Afraid | Overwhelmed | Other: \_\_\_\_\_

## 3. Identify the Need

What do you need more of in this situation?

*Examples: space, time, privacy, respect, rest, clarity, support, consistency, honesty, emotional safety.*

*I need:*

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## 4. Clarify the Boundary

What limit would help protect that need?

*Examples: I am not available for last-minute requests. I need conversations to stay respectful. I will not discuss this topic when I am being yelled at. I need time to think before I answer. I can help for one hour, but I cannot take on the whole task.*

*My boundary is:*

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## 5. Choose Clear Language

Try using one of these sentence starters:

"I care about this relationship, and I need..." | "I am not available for..." | "I can do..., but I cannot do..." | "I need some time before I respond." | "I am willing to continue this conversation when it feels respectful." | "That does not work for me."

*My boundary statement:*

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## 6. Plan for Pushback

Sometimes people respond with disappointment, confusion, or resistance when a boundary changes. Planning ahead can help you stay grounded.

*If this person pushes back, I can remind myself:*

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*One calm phrase I can repeat is:*

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## 7. Support Yourself Afterward

Setting a boundary can bring up guilt, anxiety, or second-guessing, even when the boundary is healthy. What can you do afterward to care for yourself?

*Examples: take a walk, breathe, journal, text a supportive person, pray, rest, stretch, or remind yourself why the boundary matters.*

*My support plan:*

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### Gentle Reminder

A healthy boundary does not require another person to fully understand or agree with it. Boundaries are not about controlling someone else's response. They are about communicating your limit and choosing how you will care for yourself if that limit is not respected.

You are allowed to have needs. You are allowed to take up space. You are allowed to practice clear, compassionate limits.