

Boundaries Worksheet

Prepare a boundary in a situation you feel safe considering. Account for power, dependence and obligations; choosing support, negotiation or postponement is valid. You may skip questions that do not fit or discuss them with your coach.

1. Choose one recent situation where your capacity or preferences did not match what you agreed to.

2. What were the effects, and what needs or responsibilities were involved?

3. What made it difficult to respond differently? Include practical constraints as well as feelings.

4. What limit is yours to set, and what request would you like to make?

5. Draft clear, respectful wording. Include context if useful; you do not need a perfect script.

6. What responses are possible? What would you do if agreement is not possible or proceeding feels unsafe?

7. Prepare the boundary

What support or next preparation step will you choose, and when will you review whether to proceed?

Situation

Limit / request

Within my control

Support or agreement