



My Boundaries Worksheet

Six short steps to go from 'I need better boundaries' to one clear boundary you can say and keep. If someone in your life is controlling, threatening or violent, a boundary can make things more dangerous: talk to a domestic abuse service first (UK 0808 2000 247, US 1-800-799-7233).

01 Where do I need a boundary?

Tick the areas where you've been giving more than you want to. Then add your own.

- ☐ My time (evenings, weekends, last-minute favours)
- ☐ My energy (being everyone's listener or fixer)
- ☐ Work creeping into home (messages, emails, being on call)
- ☐ Money or belongings (lending, paying, sharing)
- ☐ My body or space (touch, privacy, my room or desk)
- ☐ Topics I don't want to discuss (weight, plans, my relationship)
- ☐ How I'm spoken to (criticism, jokes at my expense, raised voices)

How often do I feel resentful after saying yes?

1	2	3	4	5	6	7	8	9	10
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Hardly ever

Almost always

02 The signals

Resentment, dread and exhaustion are often the first sign a limit is missing. Think of recent moments when you felt one of them.

The situation

What I felt

resentment, dread, drained, guilty

The one I'll work on first (pick something small):

03 My boundary, as something I'll do

Write the limit as your own action, not as a rule for someone else. You can keep this boundary whatever they do.

Instead of 'they need to...', my boundary is 'I will...':

e.g. 'I'll answer non-urgent messages in the morning', not 'they must stop messaging late'

Why this matters to me:

04 The words I'll use

Plan it before the moment arrives. Keep each part short and kind. You don't need a long justification.

What's happening (just the facts):

How it affects me:

What I'm asking for, or saying no to:

Why it helps (us, or me):

Put together, in my own words:

05 If it's crossed

The follow-through is the boundary; the words just announce it. Decide now, so you're not deciding under pressure. If following through could put you at risk, don't: talk to a domestic abuse service instead (UK 0808 2000 247, US 1-800-799-7233).

If the boundary isn't respected, what I'll calmly do:

e.g. end the call, leave, hand the task back, repeat it once

What I'll tell myself when the guilt kicks in:

06 Practise it

When and where I'll say it:

How confident do I feel about saying it?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

Afterwards: what actually happened, and what I learned:

When you're done, a moment to reflect

- What did you fear would happen when you set the boundary, and what actually happened?
- Where else in your life might the same boundary, or a gentler version of it, help?
- What would change if you trusted that people who care about you can handle a clear, kind no?

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.