

BOUNDARY IDENTIFICATION AND SETTING PRACTICE

Identify areas in your life where you need
to set boundaries.

Practice setting these boundaries with
clear, concise language.



Step 1: Identify Areas Needing Boundaries

Think about situations where you feel drained, overwhelmed, or uncomfortable. Use the prompts below to pinpoint areas in your life that may need boundaries.

01 Personal Time

Are you constantly giving your time to others without reserving time for yourself?

Example: Feeling overwhelmed by last-minute plans or interruptions.

03 Emotional Boundaries

Do people dismiss your feelings or invalidate your emotions?

Example: Being told “you’re overreacting” when you express concerns.

05 Digital Boundaries

Are you overconnected to technology or social media?

Example: Receiving work messages at night.

02 Work/Life Balance

Is work spilling into your personal life?

Example: Answering work emails during family dinners.

04 Physical Boundaries

Are there physical interactions that make you feel uncomfortable?

Example: Unwanted hugs or touches without consent.

06 Relationship Boundaries

Are there areas where you feel disrespected or taken for granted?

Example: Being expected to always say “yes” to favors.

Step 2: Define Your Boundaries

Once you've identified the areas, craft clear, simple statements to set boundaries.

01 Personal Time

"I need uninterrupted time for myself."

Example: "From 8 PM to 9 PM, I will be unavailable for calls or messages."

03 Emotional Boundaries

"I need my feelings to be respected."

Example: "When I share how I feel, I need you to listen without judgment."

05 Digital Boundaries

"I will limit my screen time to avoid burnout."

Example: "I won't respond to texts after 9pm."

02 Work/Life Balance

"I will not work outside office hours."

Example: "I'll respond to emails only during work hours, from 8AM to 5PM."

04 Physical Boundaries

"I am uncomfortable with unsolicited physical contact."

Example: "Please ask before hugging me."

06 Relationship Boundaries

"I need open and honest communication."

Example: "Let's discuss issues directly instead of avoiding them."

Step 3: Practice Setting Boundaries

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Choose One Boundary to Practice

Start small with one manageable boundary.

Example: Setting limits on your availability for phone calls.

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Practice Script

“I need [specific need], so I will [specific action]. I expect [specific expectation].”

Example: “I need quiet time after work, so I’ll take an hour to unwind before catching up with you.”

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Role-Playing Exercise

Ask a friend to practice with you. Alternate roles to build confidence.

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Feedback and Adjustment

Get feedback on how clear and assertive your language is.

Step 4: Implement and Maintain Your Boundaries

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Communicate Clearly

Use simple, confident language when setting your boundaries.

Example: “I appreciate your help, but I need to handle this on my own.”

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Stay Consistent

Reinforce your boundaries through consistent behavior.

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Reinforce as Needed

If a boundary is crossed, calmly restate it.

Example: “I’ve shared that I need personal time from 8 to 9PM. Please respect this.”

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Evaluate and Adjust

Regularly reflect on your boundaries and tweak them as needed.

Tips for Success

- **Be Clear:** Vagueness can confuse others. Use specific examples to make your boundary known.
- **Stay Calm:** Assertiveness doesn’t mean aggression. Be firm but kind.
- **Start Small:** Practice with one boundary at a time to build confidence.
- **Prioritize Your Needs:** Remember, boundaries are about protecting your well-being, not pleasing others.