

# Protect Your Peace

The Boundary  
Starter Guide

THAT  
LOVE  
COACH

# How to use this mini workbook

**Time:** 20–30 minutes today, then 5 minutes daily for a week.

**Flow:** Educate (learn the basics) → Equip (do the worksheets)  
→ Inspire (reflect + commit).

**Goal:** Choose one boundary and practice it with confidence.

## Boundary Basics

### What a boundary is

A boundary is a clear limit you set to protect your time, energy, body, values, emotions, and attention.

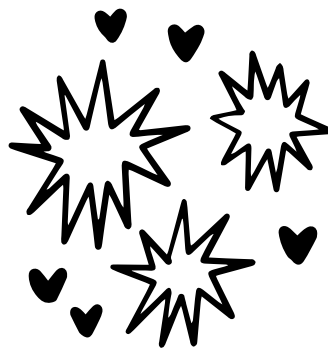
### What a boundary is not

Not punishment.

Not controlling others.

Not unkind.

It's you choosing what you will and won't do.

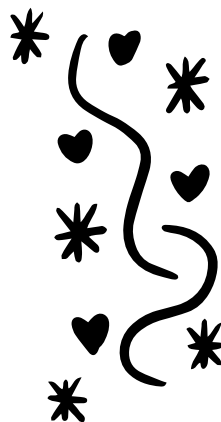


## Signs you likely need a boundary

- You feel drained, resentful, anxious, or overcommitted.
- You dread messages from a specific person or chat.
- You're saying "yes" while your body is saying no.
- You explain/justify a lot to be understood or liked.

## Common boundary categories

- **Time & Energy:** "I'm not available after 8 PM."
- **Work/Life:** "I reply to work email 8–5 only."
- **Emotional:** "Please listen without fixing or minimizing."
- **Physical:** "I prefer hugs only when I offer."
- **Digital:** "I keep my read receipts off and reply when I can."
- **Relationships:** "I don't discuss private matters with others."



**Mantra: Clear is kind. Consistent is loving.**

# Boundary Spotting Audit

Use this page to find one boundary you'll practice this week. Be specific.

**Instructions:** Fill 3-5 rows. Circle the **ONE** you'll start with.

Situation/ Person	Feeling (in body)	Need (value to protect)	Draft boundary (what will you do)	Where/when you'll try it
<b>Example:</b> Boss Slacks after dinner	Tight Chest, dread	Family time, rest	" I reply to work messages 8-5"	Today at 7:30pm

**Pick your starter boundary (one sentence)**

I will: \_\_\_\_\_  
\_\_\_\_\_

Why this matters to me:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Script Builder

Choose the tone that fits. Start **gentle**, move to **clear**, then **firm** if needed.

**Formula:** I need + so I will + thanks/expectation.

## **Gentle (soft start):**

"I need some quiet after work, so I'll catch up later.  
Thanks for understanding."

## **Clear (no wiggle):**

"I don't answer work messages after 6 PM.  
I'll reply in the morning."

## **Firm (with consequence):**

"I won't discuss this when I'm being interrupted.  
If it continues, I'm ending the call."

## **Build your own**

**Gentle:** I need \_\_\_\_\_, so I will \_\_\_\_\_. Thanks for understanding.

**Clear:** I don't/ won't \_\_\_\_\_ after/before \_\_\_\_\_.  
I'll \_\_\_\_\_.

**Firm:** I won't \_\_\_\_\_. If that continues, I'll \_\_\_\_\_.

## **Broken-Record Practice**

(say once → pause → repeat once)

"I'm not available then."

[pause]

"I'm not available then."

**Tip: Replace justifications with clarity. One sentence is enough.**

# Quick Micro Scripts

## Time & Energy

"I'm not available tonight.  
Another time works."

"I'm keeping my weekend open."

## Physical

"I prefer no hugs today."

"Please ask before touching my things."

## Work/Life

"I handle work messages during  
business hours."

"Let's put that on tomorrow's  
agenda."

## Digital

"I reply when I can; read receipts  
are off by choice."

"I mute chats after 9 PM."

## Emotional

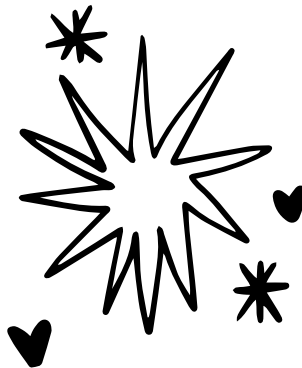
"Please listen; I'm not asking  
for solutions."

"I don't receive 'you're overreacting'  
well—please speak respectfully."

## Relationships

"I don't talk about X with others."

"I'm saying no to favors this week."



## 7 Day Practice & Reflection Tracker

Practice the same boundary for one week.  
Small reps build big confidence.

Day	Where I'll use it	Exact sentence I'll say	How it went (1-5)	What I'll tweak
Mon				
Tues				
Wed				
Thu				
Fri				
Sat				
Sun				

After 7 days, is this boundary easier?  Yes  No

**Next step:** Keep this one, or choose the next small boundary.

## Troubleshooting & Reinforcement

**If someone pushes back:**

**Reflect:** *Is this person used to unlimited access to me?*

Repeat your boundary once. Then act on it.

### Three-Step Repair when a boundary is crossed

1. **Restate:** "I don't answer messages after 6 PM."
2. **Name the limit:** "I won't continue this tonight."
3. **Follow-through:** "I'm ending the call now. We'll talk tomorrow."

### Guilt vs. Responsibility

- Guilt often means, "I'm doing something new."
- Responsibility says, "I take care of my needs without hurting others."

### Safety & Consent

- Your no stands without explanation.
- If you ever feel unsafe, leave and seek support.  
Boundaries are about safety first.

# Reflection & Commitment

## Journal Prompts

- Where did I abandon myself to be liked? What changes now?
- What feels possible when I keep this one boundary for 30 days?
- What support (reminders, allies, scripts) will help me be consistent?

## Mantras

- My needs are valid. My limits are loving.
- I can be kind and clear at the same time.
- Protecting my peace protects my relationships.

## Commitment

Today I commit to practicing: \_\_\_\_\_

\_\_\_\_\_

**Boundary:** \_\_\_\_\_

\_\_\_\_\_

**Why it matters:** \_\_\_\_\_

\_\_\_\_\_

**Support I'll use (reminder/ally):** \_\_\_\_\_

\_\_\_\_\_

