Strengthening Boundaries

Boundaries can be tricky to maintain, but make for a healthier life. They can be harder to maintain with those closest to us. This tool will help you identify situations where stronger boundaries would be healthier and brainstorm ways to strengthen those boundaries.

Identifying Vulnerabilities

Think about your experience setting boundaries.

It's hardest to say 'no' when...

I resent having to ...

I feel an immediate and large amount of stress when I say 'yes' to...

Boundary Words and Actions

Look over your lists. Notice what needs of yours are being neglected. Write them here:

Brainstorm ways to meet these needs.

Return to the scenarios you wrote in "Identifying Vulnerabilities". Below, write out a response to each that would meet your need in that situation.

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