

Clear Boundaries Practice Workbook

A practical companion for identifying a need, writing a clear boundary statement, and planning how to follow through. You can use this privately or bring it to a therapy session.

A boundary describes what I will do to care for my limits.

A situation where I want more clarity:

For education and self-reflection only. Not a substitute for individualized mental health care. Adapt activities to your needs.

01 · Spot the signal

Notice what lets you know a boundary may be needed: resentment, exhaustion, dread, pressure, or repeated loss of time or energy.

What keeps happening?

What feeling or body signal tells me a limit is needed?

What do I need more - or less - of?

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02 · Build a clear statement

Try a respectful sentence that names your limit without a lengthy defense. Examples: "I am not available after 6 p.m." or "If voices are raised, I will pause this conversation and return when we can speak calmly."

My boundary in one sentence:

A shorter version I can repeat:

What is within my control if the request continues?

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03 · Rehearse three scripts

Adapt these examples to your context. If a relationship is unsafe or controlling, prioritize safety and seek qualified support rather than confronting someone alone.

Time: "I can help for 20 minutes, but I cannot stay longer."

Communication: "I can continue when we are speaking respectfully."

Privacy: "I am not ready to discuss that."

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04 · Plan a respectful follow-through

A limit becomes easier to maintain when your next action is concrete and realistic.

When might this boundary be tested?

What will I do if the situation repeats?

Who or what can support me?

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05 · Reflect without self-judgment

You do not need a perfect conversation. Notice what helped and what you want to practice next.

What felt clear?

What felt difficult?

What is one adjustment I want to make?

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