



REBOOT YOUR BRAIN

COUNSELING & COACHING

Healthy Boundaries Packet

Notice the signal. Name the need. Communicate the limit. Follow through.

A boundary is about what you will do.

Healthy boundaries clarify what you are available for, what you are not available for, and what action you will take when a limit is crossed. They are not a way to control another person; they are a way to communicate and protect your own time, energy, safety, and values.

Signals that a boundary may be needed

- I feel resentful after saying yes.
- I keep explaining myself long after I have answered.
- I feel pressured, responsible, or guilty for another adult's reaction.
- I avoid someone because I do not know how to say no.
- My time, privacy, body, work, or emotional energy feels repeatedly overrun.

A situation where I notice one of these signals

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Boundary inventory

Area	What I need more of	What I need less of
Time & availability		
Communication		
Emotional labor		
Work & technology		
Family & relationships		
Privacy & personal space		



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Build the boundary statement

Keep it short. A clear boundary usually needs less explanation than anxiety tells you it does.

When this happens...

I need / I am available for...

I am not available for...

If the limit is crossed, I will...

Examples

Time: "I can stay until 7:00. After that I'm heading home."

Communication: "I'm willing to talk about this when we are both speaking respectfully. If yelling starts, I'm ending the conversation and we can try again later."

Work: "I'll respond during business hours. I won't be available for routine messages after 6:00 p.m."



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After you set the boundary

Discomfort does not automatically mean the boundary was wrong. You can feel guilt, sadness, or anxiety and still be acting in alignment with your needs.

What reaction am I afraid of?

What would following through look like?

What can I remind myself if guilt shows up?

Who or what can support me?