

setting boundaries

mumshine



active exercise



with others

Once we have identified where in our lives we want better boundaries, it is much easier to start improving them and putting them in place. To do this, it is really important that we are crystal clear on what the boundary we want to set is, where we want to set it and speak to the people that will be affected by the boundary so that they can be brought along for the journey, understand what you are trying to achieve and support you.

Sudden changes in behaviour without explanation can lead to self-doubt and fear in others which means people may resist if they don't understand why. This worksheet sets you up for success.

Step One - get clarity

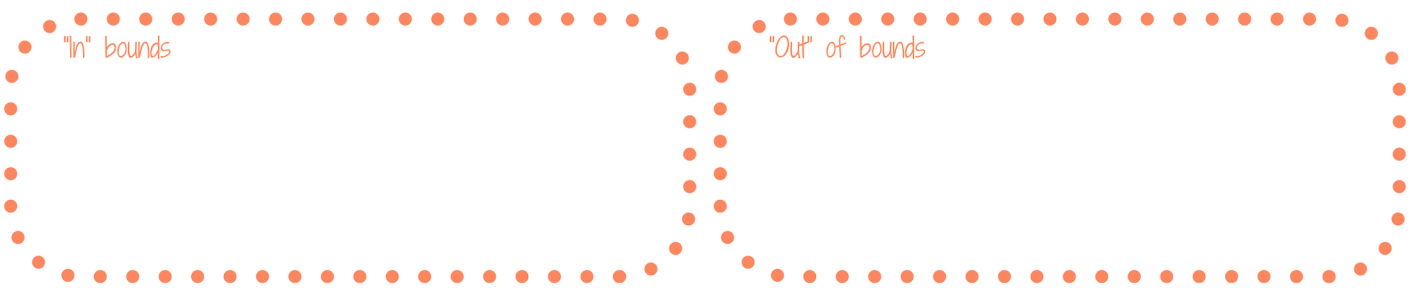
Identify the boundary that you want to set. Think in terms of what the boundary is and what the benefit you want is

I want to

So I can

Step Two - Find the line

To help you articulate this boundary to others and see it in effect, spend a moment to identify what is "in" and "out" of bounds



Step Three - Identify who

Identify the people that you need to speak with about the boundary, so that they understand it and can help you with it.



Step Four - Explaining the boundary

To help others be better accepting of the boundaries, it is really helpful if you can explain to them what it is you are trying to achieve, taking time to explain 'the why' and taking accountability. This can be an opportunity to bring people closer and gets support. This script helps you to explain your message, taking ownership and starting with the why so that others understand and are able to support you (this is a guide so feel free to put it in your own words).

Lately, I have found myself feeling

To help me feel I have been learning about healthy boundaries

I have realised that I need better boundaries in

To allow me to

This means that I will from now on.

I wanted to let you know about it as you are important to me and I will need your help to maintain this boundary as I learn how to be more consistent with it. How does that sound to you?