

Boundaries in Practice

Take 10-15 minutes. Choose a low-stakes situation. Practice is optional; passing is always okay.

1 / What matters to me here?

Name the need, value, or limit you want to protect.

2 / What is within my control?

Focus on your words and actions rather than controlling another person.

3 / Put it into words

Try: "I can _____. I am not available for _____. If that happens, I will _____."

4 / Plan for a response

If someone disagrees, how can I repeat my limit? What support might I need?

Safety note: If setting a limit could put you at risk, prioritize safety and seek trusted support rather than practicing direct confrontation.