A PAUSE, A PRACTICE, A NEXT STEP

Boundaries

Make your needs and limits clearer.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice where you feel stretched

Look for recurring resentment, exhaustion, or pressure. Ask what specific need is being missed, rather than deciding that the whole relationship is wrong.

01 / Notice and reflect

Where do I feel stretched beyond my capacity?

02 / Notice and reflect

What specific limit would help?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek professional or trusted support if limits lead to threats, coercion, stalking, or violence. Do not confront someone if doing so could increase danger. Relationship safety may require a plan beyond communication skills.

Read more: VA · Boundaries in relationships (PDF)

More tools and immediate support: Our Healing Room / Crisis Support.