A PAUSE, A PRACTICE, A NEXT STEP

Boundaries

Make a clear plan for what you can offer.

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 the pressure point

Identify one situation that leaves you stretched, resentful, or uncomfortable. Name the specific limit you need rather than judging the whole relationship.

01 / Notice and reflect

Where do I need more space or clarity?

02 / Notice and reflect

What limit is realistic and safe?

03 / One next step

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

When to seek help: Seek help if you feel coerced, threatened, controlled, or unsafe. A clinician, trusted adult, or appropriate support service can help you plan without putting yourself at greater risk.

Read more: VA · Assertive communication

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