



Boundary-Setting Mini Guide

Feel empowered. Be clear. Protect your peace.

What Are Boundaries?

Boundaries are personal limits that protect your time, energy, and emotional well-being. They teach others how to treat you—and help you stay true to yourself.

“Boundaries aren’t about controlling others. They’re about taking care of you.”

Requests vs. Boundaries

- A **request** asks someone *else* to do something.
- A **boundary** defines what *you* will do to take care of yourself, especially if your request is ignored.

 Requests involve collaboration.

 Boundaries involve self-protection.

Signs Your Boundaries Might Be Blurry

- You say “yes” when you mean “no”
- You feel anxious or guilty when asserting your needs
- You wait for others to read your mind
- You feel responsible for others’ feelings
- You over-explain your decisions
- You feel resentful after helping someone
- You fear people will leave if you speak up
- You often second-guess your choices
- You feel drained after interactions
- You don’t know what your limits are until they’ve been crossed

Examples: Request vs. Boundary

 Request	 Boundary
Can you please speak more kindly to me?	If I’m spoken to harshly, I’ll take a break from the convo.
Would you mind being on time?	I’ll only wait 10 minutes, then I’ll start without you.
Could you let me know if you’re running late?	If I don’t hear from you, I’ll assume you’re not coming.

Please ask before borrowing my things.	If my things are taken without asking, I'll keep them put away.
Can we switch how we divide the chores?	If the chores stay one-sided, I'll step back from doing extra.
Can you turn down the music?	If it stays loud, I'll leave the room for quiet.
Can you respect my need for alone time?	I'll be unavailable after 9 PM for texts or calls.
Can we talk about what happened?	If I'm being ignored, I won't continue to reach out.
Would you mind changing the subject?	If the topic continues, I'll step out of the conversation.
Please don't comment on my appearance.	If it keeps happening, I'll limit our time together.

Why Is It So Hard to Set Boundaries?

Sometimes we **know** what we need... but we freeze or fold instead of following through.

****Common blocks include:****

- Fear of rejection or abandonment
- Guilt about being “selfish”
- Worry that you'll seem “mean” or “too much”
- Habit of people-pleasing or caretaking
- Not knowing **how** to phrase your boundary
- Belief that love must be earned through sacrifice

Boundaries aren't walls. They're bridges to healthier relationships.

💡 You can be kind ****and**** clear. Loving ****and**** firm. Connected ****and**** protected.

🌀 Start by asking:

> “What do I need to feel safe, seen, and respected?”

Mini Reflection Exercise

Take 5 quiet minutes and ask yourself:

1. Where do I feel most drained in my life?
2. What do I tolerate that I no longer want to?
3. What's one boundary I can set this week to honor myself?

Want More Support?

Download my Boundaries & Requests Cheat Sheet here:

👉 [HopeAndHealingJourneys.com/Boundaries](https://www.HopeAndHealingJourneys.com/Boundaries)