



Reflection Questions

- What do I want? What do I need?
- Where do your boundaries consistently collapse — and what identity or fear is underneath that pattern?
- The next time you feel yourself about to override a boundary, ask: am I doing this to fit in, to feel loved, to avoid rejection, to feel valued, or to avoid conflict? What is the honest answer?
- What are you afraid will happen if you start saying no to the people closest to you — and where did that fear come from?
- What is one boundary your body has been asking for — that your mind keeps finding reasons to talk you out of?

**Your body always knows.
Sense the Signals.**

You are the one setting boundaries and setting the tone.
Whoever wants to be in your life will follow.



How to Set Up New Boundaries

Who is crossing over the line?

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What is the situation? What has occurred?

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Why didn't I speak up or act on it? (e.g. fear of rejection, abandonment, criticism, etc.)

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New boundary - how do I want to act and speak the next time this situation repeats?

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Remember that when you say 'Yes' to others, you are saying 'No' to you.

LEARN TO SAY YES TO YOURSELF FIRST!

Keep practicing your boundaries!