

Boundaries that come from *love, not anger*

If you are holding this, something has been costing you more than you can keep paying. This is one page to help you name it, and find the words. You do not need to be ready. You only need to begin.

Above all else, guard your heart, for everything you do flows from it.

PROVERBS 4:23

WHERE IS IT COSTING YOU MOST?

- ☐ **Physical** Your body, your space, your rest, your home.
- ☐ **Emotional** How much of someone else's feeling you have been carrying.
- ☐ **Time** What you keep saying yes to, and what the yes has cost.
- ☐ **Mental** Your own thoughts, held without having to defend them.
- ☐ **Material** What has been entrusted to your care, and who has access to it.
- ☐ **Spiritual** Your prayer, your quiet, your time with the One who tends you.

WORDS FOR WHEN YOU CANNOT FIND YOUR OWN

"I cannot do that, but here is what I can do."

"I need to sit with it. I will let you know tomorrow."

"That does not work for me."

"I love you, and my answer is still no."

"I am not able to talk about this right now."

"I am going to step away while we are both this tired."

"I have said what I can say, and I am going to leave it there."

"Not this time."

THE ONE STEP IN FRONT OF YOU

What have you been circling, waiting to feel ready for? Write it here, in your own words.

A boundary is not a punishment. It is the fence around the garden, so that what is growing there has room. You are not being unkind. You are tending something God entrusted to your care. One faithful step at a time.