

# MASTERING THE ART OF BOUNDARIES

Effective Strategies for Clear Communication and Energy Protection

## Understanding Boundaries

**Communicate clearly, protect your energy, and build healthier connections.**

Boundaries are essential for maintaining a sense of safety, respect, and emotional balance in our lives. They aren't about controlling others but about clearly and kindly communicating your needs.

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## Check-In With Yourself

Reflect on your current relationships:

- Comfortable expressing myself
- Overwhelmed or drained
- Afraid to say no
- Guilty when I set limits
- Not sure

**One situation where I need a boundary:**

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## Identify Your Limits

**What feels okay for me:**

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**What does NOT feel okay:**

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**What I need more of:**

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## Communication Practice

### Clear & Kind Boundary Script:

"I feel \_\_\_\_\_ when \_\_\_\_\_.

I need / would like \_\_\_\_\_.

If that's not possible, I will \_\_\_\_\_."

#### *Example:*

"I feel overwhelmed when plans change last minute. I need more notice. If that's not possible, I may need to say no."

### Your Healthy Boundary:

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## Attachment Awareness

Reflect on how your connection style affects boundary setting:

- Avoid conflict or stay quiet
- Seek reassurance or fear rejection
- Feel comfortable expressing needs
- Pull away or shut down

### What I notice about my patterns:

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## Challenges & Fears

What makes boundary setting hard for me?

What am I afraid might happen?

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## My Boundary Plan

**Boundary I want to set:**

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**Who is it with:**

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**How I will communicate it:**

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**How I will stay consistent:**

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## **Support & Regulation**

Support your nervous system as you set boundaries:

**Before I set a boundary, I will:**

- Take deep breaths
- Ground myself
- Write it down first
- Practice what to say
- Other: \_\_\_\_\_

**After I set a boundary, I will:**

- Rest or take a break
- Do something calming
- Remind myself I did something healthy
- Reach out for support
- Other: \_\_\_\_\_

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## **Reflection**

**How did it feel to think about setting this boundary?**

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**What would make this feel easier?**

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What is one small step I can take?

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## Notes

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### Gentle Reminder

Setting boundaries is a form of self-respect. It may feel uncomfortable at first, but it helps build safer and more honest relationships.

**“Clear communication creates safer connections.”**

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