Setting a boundary

Plan one boundary: the wording, how they may react and how you will stick to it.

Name _____ Date _____

The situation. What keeps happening that is not OK for me?

How it affects me

What I need instead

My boundary, in one or two sentences. ("I am not willing to..." "From now on I will..." "If... then I will...")

How they might react

How I will respond

Stay calm. Repeat it. No need to justify, argue or over-explain.

What I will do if the boundary is not respected

What might tempt me to back down, and what I will remind myself

After I said it: what happened, and how do I feel?

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