



BOUNDARY SETTING GUIDE

A personal roadmap to protecting your peace



www.mommadramaandtrauma.com

What Are Boundaries?

Boundaries are the limits we set with other people, indicating what we find acceptable and unacceptable in their behavior towards us. They are essential for maintaining our emotional, mental, and physical well-being.

Why Boundaries Matter

Setting healthy boundaries allows you to:

- Protect your time and energy
- Reduce stress and resentment
- Improve your relationships
- Increase self-respect and self-worth
- Communicate your needs clearly
- Prevent burnout

Signs You May Need Better Boundaries

Do any of these resonate with you?

- Feeling resentful or taken advantage of
- Saying "yes" when you want to say "no"
- Feeling overwhelmed or stressed by others' demands
- Avoiding conflict at your own expense
- Trouble prioritizing your own needs
- Feeling responsible for others' emotions

Types of Boundaries

Physical Boundaries:

Relate to your personal space, body, and privacy. Examples: not wanting unwanted touch, requiring advance notice before visits, limiting physical contact.

Emotional Boundaries:

Protect your feelings and mental health. Examples: not taking on others' problems, not allowing others to invalidate your feelings, limiting exposure to toxic individuals.

Time Boundaries:

Concern how you spend your time. Examples: setting limits on availability, saying "no" to excessive requests, scheduling time for self-care.

Material Boundaries:

Relate to your possessions and finances. Examples: lending items with clear expectations for return, setting limits on financial assistance, protecting your property.

My Personal Non-Negotiables

Write down your top 3–5 personal boundaries you won't compromise on:

(Write down what you absolutely need to feel safe, respected, and valued. These are your core boundaries.)

1. _____
2. _____
3. _____
4. _____
5. _____

A Script for Setting Boundaries

1. Be clear and direct.
2. Use "I" statements to avoid blame.
3. Repeat if necessary—no need to over-explain.

"I'm not available to talk after 9 PM. I'll respond tomorrow."

"I need to decline this invitation so I can focus on rest."

Use this template to communicate your boundaries clearly and respectfully:

"I feel _____ when you _____. I need _____. In the future, I would appreciate it if you _____."

Example: "I feel stressed when you call me late at night with your problems. I need time to unwind in the evening. In the future, I would appreciate it if you could call earlier or wait until the next day."

Responses to Pushback

People may resist when you start setting boundaries. Here are some possible responses:

- "I understand that this is new, but this is what I need."
- "I'm not responsible for your reaction. I am responsible for my own well-being."
- "This is not up for discussion. My boundary is firm."
- "I'm allowed to say no."
- "No." (Period. No explanation needed.)
- "I understand you feel that way, but my decision stands."
- "That doesn't work for me."
- "I'm not comfortable with that."

Weekly Boundary Goals

Set small, achievable goals to practice setting boundaries each week:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

✨Reminder: Protecting your peace isn't selfish—it's self-respect. The right people will honor your boundaries.

You are strong. You are worthy. Your story matters. ❤️