Establishing Boundaries - Learning how to say no

1. Think of 3 times when your worry of disappointing others interfered with you setting boundaries for yourself. Briefly describe them.

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1. What are you afraid of happening if you set boundaries? Write them down even if they don’t immediately make sense.

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1. How is not setting concrete boundaries affecting you?

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1. How would I feel if I communicated my boundaries? Imagine the scenarios from question 1, and write down a way to communicate your boundaries if those situations arise again.

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*Now write down a positive affirmation (or more) for the future that encourages you:*

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