BOUNDARY BUILDER

DATE _____ **TIME** _____

Notice what felt wrong. Name your limit. Say it clearly.

1. WHAT HAPPENED?

_____

_____

_____

_____

_____

2. WHAT FELT OFF?

- ☐ Tone / disrespect
- ☐ Pressure
- ☐ Too much contact
- ☐ Privacy crossed
- ☐ Boundary ignored
- ☐ Other: _____

3. WHAT AM I PROTECTING?

- ☐ Peace
- ☐ Recovery
- ☐ Time
- ☐ Money
- ☐ Energy
- ☐ Body
- ☐ Privacy
- ☐ Emotional safety

4. WHAT BOUNDARY DO I NEED?

_____

_____

_____

_____

_____

5. HOW CAN I SAY IT CLEARLY?

I am not available for... _____

I need... _____

If this happens again, I will... _____

6. IF THEY IGNORE IT, WHAT WILL I DO NEXT TIME?

_____

_____

_____

7. SUPPORT I MAY NEED

- ☐ A script
- ☐ A safe person
- ☐ Time to think
- ☐ Distance
- ☐ Professional support

A boundary is not punishment. It is protection.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.