

## What personal values do you want to protect?

One way we protect our values is by setting boundaries. Boundaries are ways of communicating which behaviors we do and do not accept from other people.

*(Examples: my time, my mental health, my energy, my relationships, my personal space, etc.)*

## List three areas in your life where you would like to set clear boundaries to support your values.

*(Examples: work, social media, family, friendships, relationships, etc.)*

We can't control how other people act. They are free to choose whether to respect our boundaries or not. What we can control is how we respond when someone chooses not to respect a boundary.

## How do you currently respond when someone doesn't respect your boundaries?

## What might be a more effective ways to respond?

### Practice Scripts

**Social life:** "Thanks for the invite, but I need some downtime this weekend."

**Personal space:** "I need some quiet time right now. Let's talk later."

An important part of setting boundaries is learning to say "no" firmly without being overly aggressive. For instance, if you were to say, "Why can't you just leave me alone?" when you need space, it could come across in a way that is damaging to relationships.

## Choose one boundary to practice this week and write it below.