

# ALIGNED & UNAPOLOGETIC

UNDERSTAND  
AND IDENTIFY  
YOUR PERSONAL  
BOUNDARIES



# ABOUT ME



Hey, I'm Ellie (my full name is Lindsay, but only my mom calls me that when I'm in trouble 😊).

I created this Boundary Workbook because I know how life-changing boundaries can be—because they completely transformed mine. When I started implementing boundaries, everything shifted. I walked away from relationships that drained me, attracted the man of my dreams, and built a supportive, aligned circle of friends who actually get me. Boundaries didn't just protect my peace—they helped me create the life I used to only dream about.

If you're tired of feeling burnt out, walked over, or disconnected from who you truly are... you're not alone. I've been there, and I'd love to help you find your way out—just like I did.

This workbook is a powerful first step. But if you want deeper, personalized support, I offer 1:1 sessions where we dive into your unique story and create empowering boundaries that work for you.

Let's rewrite your story together—one boundary at a time.

With love,



# The Break Free *Blueprint*



**230 page Ebook designed to help you find your desired partner and weed out the ones who aren't worth your sanity. Based off my own experience and over \$15,000 on life coaching, dating, and retreats.**

# The Break Free Blueprint



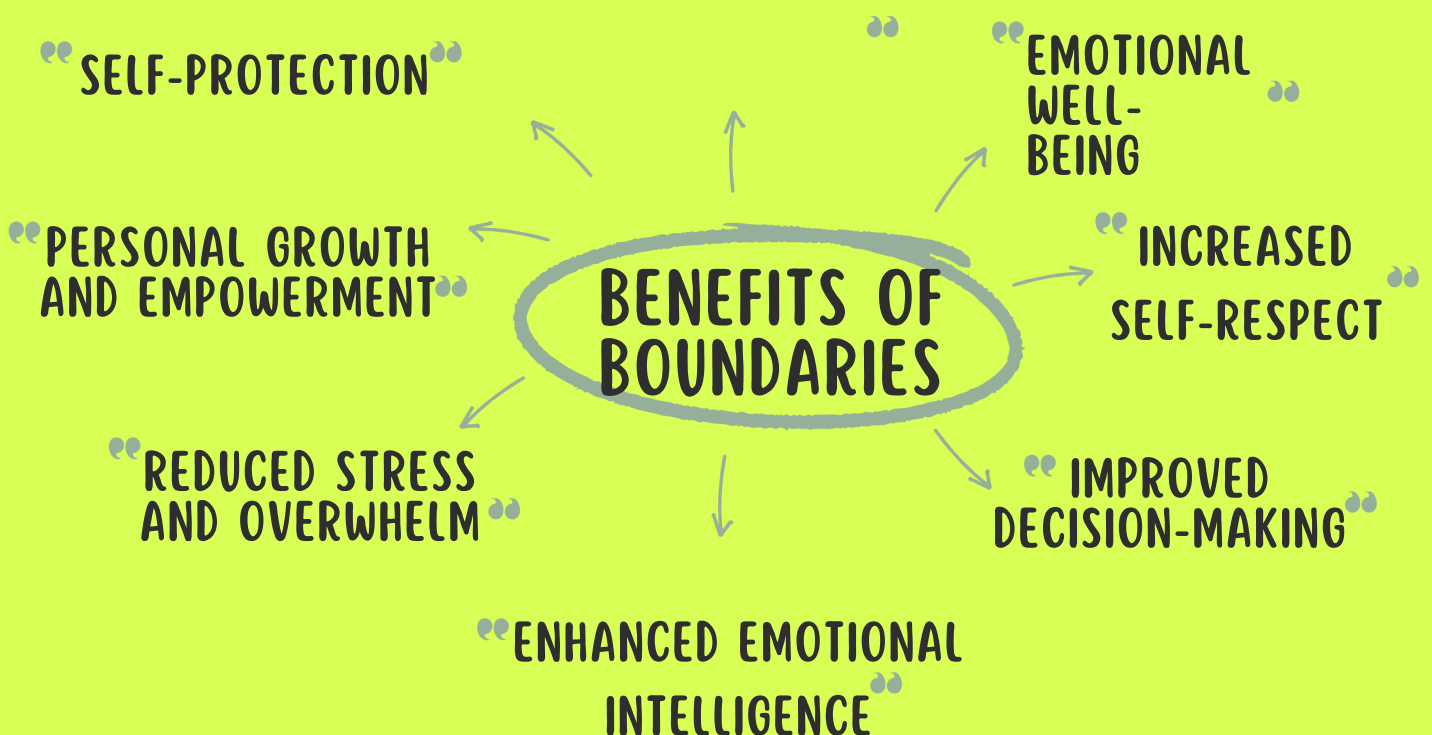
# What Are Boundaries

BOUNDARIES ARE LIKE PERSONAL LIMITS AND RULES THAT PEOPLE CREATE TO TAKE CARE OF THEMSELVES, HAVE GOOD RELATIONSHIPS, AND HONOR THEIR OWN NEEDS AND VALUES.

THEY HELP US DECIDE WHAT KIND OF BEHAVIOR IS OKAY OR NOT OKAY FOR OTHERS AND OURSELVES. BOUNDARIES APPLY TO DIFFERENT PARTS OF LIFE, SUCH AS PERSONAL SPACE, FEELINGS, RELATIONSHIPS, TIME, AND WHAT WE BELIEVE IS IMPORTANT.

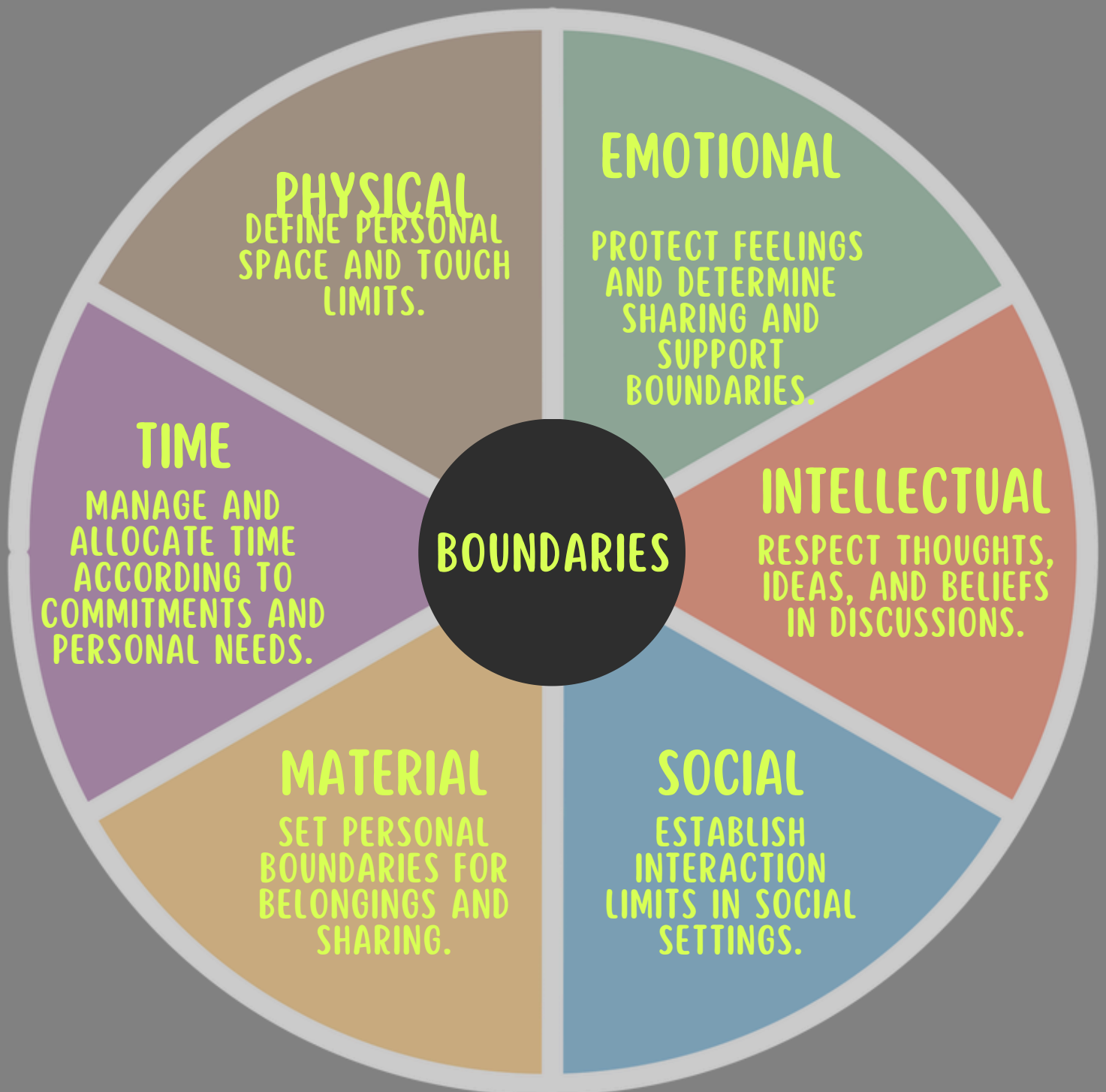
WHEN WE SET AND STICK TO OUR BOUNDARIES, IT HELPS US FEEL GOOD ABOUT OURSELVES, BE CONFIDENT, AND HAVE HEALTHIER EMOTIONS.

HEALTHY  
RELATIONSHIPS





# TYPES OF BOUNDARIES



BOUNDARIES PROTECT WELL-BEING, AND RELATIONSHIPS,  
AND PROMOTE SELF-RESPECT.

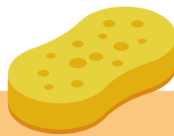
# Finding The Sweet Spot

FINDING THE SWEET SPOT IN PERSONAL BOUNDARIES INVOLVES UNDERSTANDING THREE CATEGORIES: RIGID, POROUS, AND HEALTHY BOUNDARIES. HERE'S AN EXPLANATION OF EACH CATEGORY AND HOW THEY RELATE TO FINDING THE RIGHT BALANCE



## RIGID

- LIMITED EMOTIONAL INTIMACY
- DIFFICULTY IN FORMING CLOSE RELATIONSHIPS
- FEELINGS OF ISOLATION AND SOCIAL DISCONNECT
- LACK OF FLEXIBILITY AND OPENNESS
- REDUCED OPPORTUNITIES FOR PERSONAL GROWTH AND LEARNING
- RESISTANCE TO NEW EXPERIENCES AND PERSPECTIVES



## POROUS

- DIFFICULTY IN SETTING CLEAR LIMITS
- STRUGGLE IN SAYING NO
- FREQUENT CROSSING OF PERSONAL BOUNDARIES
- FEELINGS OF BEING TAKEN ADVANTAGE OF
- NEGLECTING ONE'S OWN NEEDS
- LIMITED PERSONAL AUTONOMY AND CONTROL



## HEALTHY

- ENHANCED SELF-WORTH AND SELF-RESPECT
- IMPROVED EMOTIONAL WELL-BEING
- HEALTHY AND MUTUALLY RESPECTFUL RELATIONSHIPS
- EFFECTIVE COMMUNICATION AND CONFLICT RESOLUTION
- INCREASED PERSONAL AUTONOMY AND FREEDOM
- SUPPORT FOR PERSONAL GROWTH AND FULFILLMENT



# Physical Boundaries

PHYSICAL BOUNDARIES ARE THE LIMITS INDIVIDUALS SET TO PROTECT THEIR PERSONAL SPACE AND DEFINE THEIR COMFORT LEVELS WITH TOUCH AND PHYSICAL CONTACT.

FOR EXAMPLE, SETTING A BOUNDARY FOR BEDROOM PRIVACY PROMOTES SAFETY, RESPECT, AND PERSONAL SPACE, ENSURING COMFORT AND WELL-BEING IN RELATIONSHIPS.

## DO'S

- CLEARLY COMMUNICATE YOUR PERSONAL SPACE AND PHYSICAL TOUCH PREFERENCES TO OTHERS.
- ASSERTIVELY EXPRESS YOUR DISCOMFORT WHEN SOMEONE VIOLATES YOUR PHYSICAL BOUNDARIES.
- TAKE STEPS TO ENSURE YOUR PHYSICAL SAFETY AND WELL-BEING, SUCH AS LOCKING DOORS OR SETTING PRIVACY BOUNDARIES.

## DON'TS

- DON'T ALLOW OTHERS TO INVADE YOUR PERSONAL SPACE OR TOUCH YOU WITHOUT CONSENT.
- AVOID IGNORING OR SUPPRESSING YOUR FEELINGS OF DISCOMFORT WHEN SOMEONE VIOLATES YOUR PHYSICAL BOUNDARIES.
- DON'T HESITATE TO REINFORCE AND ASSERT YOUR PHYSICAL BOUNDARIES, EVEN IF OTHERS MAY NOT AGREE OR UNDERSTAND THEM.

# DISCOVERY QUESTIONS: PHYSICAL BOUNDARIES



WHAT VIOLATES YOUR PERSONAL BOUNDARIES?

HOW DO YOU COMMUNICATE YOUR BOUNDARIES AND CAN YOU MAKE ANY IMPROVEMENTS IN THIS AREA?

WHAT ACTIONS OR BEHAVIORS DO YOU WANT TO SET BOUNDARIES FOR IN YOUR PERSONAL LIFE?

HOW DO YOU REACT WHEN YOUR BOUNDARIES ARE CROSSED? CAN YOU RESPOND MORE ASSERTIVELY AND EFFECTIVELY?

# Emotional Boundaries

EMOTIONAL BOUNDARIES REFER TO THE LIMITS INDIVIDUALS SET IN TERMS OF THEIR EMOTIONAL WELL-BEING AND PERSONAL SPACE.

EXAMPLE: SETTING EMOTIONAL BOUNDARIES WITH A VENTING FRIEND MEANS KNOWING YOUR LIMITS, ASKING FOR SPACE, MANAGING YOUR ENERGY, AND BALANCING THE FRIENDSHIP.

## DO'S

- BE AWARE OF HOW YOU FEEL AND WHAT YOU REQUIRE EMOTIONALLY IN VARIOUS SITUATIONS.
- EXPRESS YOUR EMOTIONAL LIMITS AND NEEDS OPENLY AND ASSERTIVELY TO OTHERS.
- RESPECT AND HONOR OTHERS' EMOTIONAL BOUNDARIES AS YOU WANT THEM TO RESPECT YOURS.
- NURTURE YOUR EMOTIONAL WELL-BEING WITH ACTIVITIES THAT RECHARGE YOU.

## DON'TS

- AVOID IGNORING OR SUPPRESSING YOUR FEELINGS FOR THE SAKE OF OTHERS' COMFORT.
- RECOGNIZE THAT SETTING EMOTIONAL BOUNDARIES IS HEALTHY, NOT SOMETHING TO FEEL GUILTY ABOUT.
- DON'T BE AFRAID TO SAY "NO": IT'S OKAY TO DECLINE REQUESTS OR SITUATIONS THAT EXCEED YOUR EMOTIONAL CAPACITY OR GO AGAINST YOUR BOUNDARIES.



# DISCOVERY QUESTIONS: EMOTIONAL BOUNDARIES



WHAT EMOTIONS AND SITUATIONS TEND TO DRAIN ME OR LEAVE ME FEELING OVERWHELMED?

WHAT ARE MY PERSONAL NEEDS AND LIMITS WHEN IT COMES TO SHARING MY EMOTIONS WITH OTHERS?

HOW DO I TYPICALLY RESPOND WHEN SOMEONE CROSSES MY EMOTIONAL BOUNDARIES? DO I ASSERT MYSELF OR REMAIN SILENT?

WHICH SELF-CARE PRACTICES SUPPORT MY EMOTIONAL WELL-BEING AND STRENGTHEN MY BOUNDARIES?

# Intellectual Boundaries

INTELLECTUAL BOUNDARIES LIMIT AND EVALUATE INFORMATION, FOSTERING INDEPENDENT THINKING AND SAFEGUARDING AGAINST UNDUE INFLUENCE.

EXAMPLE: CRITICALLY EVALUATING NEW INFORMATION BY CONSIDERING MULTIPLE PERSPECTIVES, SEEKING RELIABLE SOURCES, AND PROTECTING YOURSELF FROM UNDUE INFLUENCE.

## DO'S

- DO ACTIVELY SEEK OUT DIVERSE PERSPECTIVES AND INFORMATION SOURCES TO BROADEN YOUR UNDERSTANDING
- DO CRITICALLY EVALUATE INFORMATION BY QUESTIONING ASSUMPTIONS AND VERIFYING FACTS.
- ENGAGE IN RESPECTFUL DISCUSSIONS TO EXCHANGE IDEAS AND CHALLENGE YOUR BELIEFS.

## DON'TS

- DON'T BLINDLY ACCEPT INFORMATION WITHOUT QUESTIONING OR VERIFYING ITS CREDIBILITY.
- DON'T DISMISS OR DISREGARD ALTERNATIVE VIEWPOINTS WITHOUT CONSIDERING THEIR MERITS.
- DON'T ENGAGE IN DEBATES OR DISCUSSIONS WITH THE SOLE INTENT OF PROVING OTHERS WRONG OR IMPOSING YOUR OWN VIEWS.

# DISCOVERY QUESTIONS: INTELLECTUAL BOUNDARIES



HOW OPEN-MINDED AM I WHEN IT COMES TO CONSIDERING DIFFERENT PERSPECTIVES OR IDEAS?

WHAT CRITERIA DO I USE TO EVALUATE THE CREDIBILITY AND RELIABILITY OF INFORMATION OR SOURCES?

AM I COMFORTABLE QUESTIONING AND CRITICALLY EXAMINING MY OWN BELIEFS AND ASSUMPTIONS?

HOW DO I HANDLE SITUATIONS WHERE OTHERS TRY TO INFLUENCE OR IMPOSE THEIR VIEWS ON ME?

# Social Boundaries

SOCIAL BOUNDARIES SET LIMITS, EXPRESS NEEDS, AND SAFEGUARD WELL-BEING, FOSTERING BALANCED RELATIONSHIPS THROUGH RESPECTFUL COMMUNICATION.

EXAMPLE: ASKING A ROOMMATE TO USE HEADPHONES WHEN WATCHING TV TO ESTABLISH A SOCIAL BOUNDARY FOR PERSONAL SPACE AND NOISE.

## DO'S

- DO COMMUNICATE YOUR NEEDS AND EXPECTATIONS CLEARLY AND ASSERTIVELY.
- DO RESPECT THE BOUNDARIES OF OTHERS AND SEEK THEIR CONSENT BEFORE CROSSING THEM.
- DO PRACTICE ACTIVE LISTENING AND EMPATHY TO UNDERSTAND AND VALIDATE OTHERS' BOUNDARIES.

## DON'TS

- DON'T IGNORE OR DISMISS YOUR OWN BOUNDARIES TO PLEASE OTHERS.
- DON'T ASSUME THAT OTHERS AUTOMATICALLY KNOW OR UNDERSTAND YOUR BOUNDARIES WITHOUT CLEAR COMMUNICATION.
- DON'T JUDGE OR CRITICIZE OTHERS FOR SETTING THEIR OWN BOUNDARIES, AS EVERYONE HAS THE RIGHT TO DEFINE THEIR PERSONAL LIMITS.



# DISCOVERY QUESTIONS: SOCIAL BOUNDARIES



WHAT ARE MY PERSONAL VALUES AND NEEDS IN SOCIAL INTERACTIONS AND RELATIONSHIPS?

HOW COMFORTABLE AM I WITH ASSERTING MY BOUNDARIES AND COMMUNICATING MY LIMITS TO OTHERS?

WHAT PATTERNS OR SITUATIONS TEND TO MAKE ME FEEL UNCOMFORTABLE OR VIOLATE MY BOUNDARIES?

HOW TO HANDLE BOUNDARY VIOLATIONS AND ENHANCE MY ASSERTIVENESS IN ASSERTING THEM?

# Material Boundaries

MATERIAL BOUNDARIES INVOLVE SETTING LIMITS ON POSSESSIONS AND RESOURCES, FOSTERING FAIRNESS AND ACCOUNTABILITY IN INTERACTIONS, AND PROMOTING HEALTHIER RELATIONSHIPS.

EXAMPLE: SETTING A MATERIAL BOUNDARY, YOU KINDLY DECLINE LENDING PERSONAL BELONGINGS, ASSERT OWNERSHIP, AND PROMOTE RESPECT AND CLEAR EXPECTATIONS AT WORK.

## DO'S

- COMMUNICATE YOUR EXPECTATIONS AND PREFERENCES FOR PERSONAL BELONGINGS AND RESOURCES.
- ASSERTIVELY EXPRESS YOUR BOUNDARIES FOR SHARING OR LENDING MATERIAL ITEMS.
- DO ESTABLISH CLEAR GUIDELINES FOR BORROWING OR LENDING, INCLUDING EXPECTATIONS FOR RETURN AND CARE.

## DON'TS

- DON'T FEEL OBLIGATED TO LEND OR SHARE YOUR PERSONAL BELONGINGS IF YOU'RE UNCOMFORTABLE DOING SO.
- DON'T IGNORE OR DISMISS YOUR OWN NEEDS AND PREFERENCES REGARDING THE USE OF MATERIAL ITEMS.
- DON'T INFRINGE UPON THE MATERIAL BOUNDARIES OF OTHERS BY USING OR BORROWING THEIR POSSESSIONS WITHOUT PERMISSION.

# DISCOVERY QUESTIONS: MATERIAL BOUNDARIES



WHAT ARE MY PERSONAL VALUES AND BELIEFS REGARDING THE SHARING AND LENDING OF MATERIAL POSSESSIONS?

HOW COMFORTABLE AM I WITH ASSERTING MY BOUNDARIES AND COMMUNICATING MY NEEDS REGARDING MY PERSONAL BELONGINGS?

WHAT ARE THE SPECIFIC ITEMS OR RESOURCES THAT I CONSIDER MORE PERSONAL OR SENSITIVE, AND WHY?

HOW TO ADDRESS DISCOMFORT FROM OTHERS USING MY BELONGINGS WITHOUT PERMISSION OR TIMELY RETURN, TO MAINTAIN HEALTHIER MATERIAL BOUNDARIES?

# Time Boundaries

TIME BOUNDARIES INVOLVE SETTING LIMITS, CREATING STRUCTURE, AND ENHANCING PRODUCTIVITY AND WELL-BEING.

EXAMPLE: BY SETTING SPECIFIC WORK HOURS, PRIORITIZING TASKS, AND ALLOCATING TIME FOR BREAKS AND SELF-CARE, YOU ESTABLISH TIME BOUNDARIES THAT REDUCE STRESS, ENHANCE PRODUCTIVITY, AND PREVENT BURNOUT.

## DO'S

- DO PRIORITIZE YOUR TASKS AND COMMITMENTS BASED ON IMPORTANCE AND DEADLINES.
- DO SET SPECIFIC WORK HOURS AND DESIGNATE TIME FOR BREAKS AND SELF-CARE.
- DO COMMUNICATE YOUR TIME BOUNDARIES TO OTHERS, CLEARLY EXPRESSING YOUR AVAILABILITY AND LIMITATIONS.

## DON'TS

- DON'T OVERCOMMIT YOURSELF BY TAKING ON MORE TASKS THAN YOU CAN REALISTICALLY HANDLE WITHIN YOUR AVAILABLE TIME.
- DON'T NEGLECT SELF-CARE AND BREAKS, AS THEY ARE CRUCIAL FOR MAINTAINING PRODUCTIVITY AND WELL-BEING.
- DON'T PROCRASTINATE OR ENGAGE IN EXCESSIVE MULTITASKING, AS IT CAN LEAD TO INEFFICIENCY AND INCREASED STRESS.

# DISCOVERY QUESTIONS: TIME BOUNDARIES



HOW DO I CURRENTLY ALLOCATE MY TIME, AND DOES IT ALIGN WITH MY PRIORITIES AND VALUES?

WHAT ARE THE COMMON TIME-WASTING ACTIVITIES OR DISTRACTIONS THAT HINDER MY PRODUCTIVITY OR WELL-BEING?

HOW COMFORTABLE AM I WITH SAYING "NO" AND SETTING BOUNDARIES WHEN IT COMES TO TAKING ON ADDITIONAL TASKS OR COMMITMENTS?

WHAT SELF-CARE PRACTICES OR ACTIVITIES DO I PRIORITIZE IN MY SCHEDULE, AND HOW WELL DO I ADHERE TO THEM?



# D.E.A.R M.A.N

AN ACRONYM THAT REPRESENTS A COMMUNICATION SKILL USED TO EXPRESS NEEDS, SET BOUNDARIES, AND NEGOTIATE EFFECTIVELY IN INTERPERSONAL INTERACTIONS. EACH LETTER IN DEARMAN STANDS FOR A SPECIFIC COMPONENT OF THIS SKILL:

**D**

DESCRIBE: START BY OBJECTIVELY DESCRIBING THE SITUATION OR ISSUE AT HAND.

**E**

EXPRESS: EXPRESS YOUR FEELINGS AND EMOTIONS ABOUT THE SITUATION USING "I" STATEMENTS.

**A**

ASSERT: ASSERTIVELY COMMUNICATE YOUR NEEDS, DESIRES, OR BOUNDARIES.

**R**

REINFORCE: HIGHLIGHT THE BENEFITS OF MEETING YOUR NEEDS OR RESPECTING YOUR BOUNDARIES.

**M**

MINDFUL: BE MINDFUL AND FOCUSED ON EFFECTIVE COMMUNICATION.

**A**

APPEAR CONFIDENT: APPEAR CONFIDENT THROUGH YOUR TONE OF VOICE, BODY LANGUAGE

**N**

NEGOTIATE: BE OPEN TO COMPROMISE AND MEETING BOTH PARTIES' NEEDS.

# Boundary Affirmations

**I HONOR AND  
ASSERT MY BOUNDARIES.**

**MY LIMITS MATTER IN ALL  
RELATIONSHIPS.**

**I PRIORITIZE  
EMOTIONAL WELL-BEING  
AND RESPECT.**

**I DESERVE  
RESPECT FOR MY  
BOUNDARIES.**

**I CONFIDENTLY EXPRESS  
MY NEEDS.**

**I MAINTAIN AND  
REINFORCE BOUNDARIES  
RESPONSIBLY.**

**I SAY "NO" TO PROTECT  
MY VALUES.**

**SELF-CARE IS A PRIORITY  
IN MY LIFE.**

**I PRIORITIZE MY NEEDS  
MINDFULLY.**

**BOUNDARIES PROTECT  
TIME, ENERGY, AND  
EMOTIONS.**

**I COMMUNICATE  
BOUNDARIES WITH  
KINDNESS.**

**I SET BOUNDARIES TO  
ENSURE RESPECT.**

**I TRUST MY INSTINCTS FOR  
BOUNDARIES.**

**I RELEASE GUILT AND  
PRIORITIZE NEEDS.**

**I SET LIMITS FOR  
RESPECTFUL TREATMENT.**

**I STAY STRONG IN  
MAINTAINING BOUNDARIES.**

**I PRACTICE SELF-  
COMPASSION FOR PAST  
VIOLATIONS.**

**I ADJUST BOUNDARIES  
AS I GROW.**

**I ATTRACT THOSE WHO  
RESPECT BOUNDARIES.**

**I COMMUNICATE  
BOUNDARIES WITHOUT  
FEAR.**

**I DESERVE BALANCED  
RELATIONSHIPS HONORING  
BOUNDARIES.**

**I TRUST MY INTUITION FOR  
BOUNDARIES.**

**I DESERVE LOVE AND  
SUPPORT WITH  
BOUNDARIES.**

**BOUNDARIES EMPOWER A  
LIFE ALIGNED WITH  
VALUES.**

# BOUNDARY QUESTIONNAIRE

|                                                           | YES                      | SOMETIMES                | NO                       |
|-----------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| DO YOU COMMUNICATE BOUNDARIES CLEARLY?                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CAN YOU SAY "NO" COMFORTABLY WHEN BOUNDARIES ARE CROSSED? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU PRIORITIZE SELF-CARE AND ALLOCATE TIME?            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU RESPECT OTHERS' BOUNDARIES?                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU EXPRESS NEEDS AND EXPECTATIONS ASSERTIVELY?        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ARE SOME SITUATIONS CHALLENGING FOR SETTING BOUNDARIES?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO GUILT OR OBLIGATION COMPROMISE YOUR BOUNDARIES?        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU ESTABLISH LIMITS ON HOW OTHERS TREAT YOU?          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU PRIORITIZE YOUR OWN NEEDS?                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU REVIEW AND ADJUST BOUNDARIES FREQUENTLY?           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU STRUGGLE TO RECOGNIZE BOUNDARY VIOLATIONS?         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ARE YOUR BOUNDARIES RESPECTED BY THOSE AROUND YOU?        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU FEAR REJECTION WHEN COMMUNICATING BOUNDARIES?      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU MAINTAIN A WORK-LIFE BALANCE?                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ARE YOUR DECISIONS INFLUENCED AGAINST YOUR BOUNDARIES?    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU OFTEN NEGLECT BOUNDARIES DUE TO MULTITASKING?      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU RELY ON OTHERS FOR BOUNDARY VALIDATION?            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU BELIEVE YOU DESERVE RESPECT FOR YOUR BOUNDARIES?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOU SET LIMITS ON PERSONAL BELONGINGS AND RESOURCES?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DO YOUR BOUNDARIES EMPOWER PERSONAL CONTROL?              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# RESPONSES YOU CAN USE

"I'M SORRY, BUT I PREFER NOT TO DISCUSS THAT TOPIC."

"I NEED SOME SPACE RIGHT NOW, SO I WON'T BE ABLE TO HELP."

"I APPRECIATE YOUR CONCERN, BUT I'D RATHER HANDLE THIS ON MY OWN."

"LET'S TALK ABOUT SOMETHING ELSE, I'D RATHER KEEP THAT PRIVATE."

"I'M NOT COMFORTABLE SHARING THAT INFORMATION AT THE MOMENT."

"I NEED SOME TIME TO MYSELF, SO I WON'T BE AVAILABLE FOR THAT."

"I'D RATHER NOT GET INVOLVED IN THAT SITUATION."

"I HAVE MY OWN LIMITS, AND I NEED TO RESPECT THEM."

"I PREFER NOT TO LEND MONEY TO FRIENDS OR FAMILY."

"I'M NOT INTERESTED IN DISCUSSING MY PERSONAL FINANCES."

"I APPRECIATE THE INVITATION, BUT I WON'T BE ABLE TO ATTEND."

"I'D RATHER NOT SHARE MY SOCIAL MEDIA ACCOUNTS."

**"I'M NOT COMFORTABLE  
GIVING OUT MY PHONE  
NUMBER."**

**"I NEED TO PRIORITIZE MY  
OWN NEEDS BEFORE  
HELPING OTHERS."**

**"I'M SORRY, BUT I CAN'T  
OFFER YOU A RIDE."**

**"I PREFER NOT TO ENGAGE  
IN GOSSIP OR NEGATIVE  
CONVERSATIONS."**

**"I'D RATHER NOT DISCUSS  
MY PAST RELATIONSHIPS."**

**"I HAVE A PERSONAL  
POLICY OF NOT LOANING  
OUT MY BELONGINGS."**

**"I'M NOT INTERESTED IN  
DISCUSSING MY WEIGHT OR  
APPEARANCE."**

**"I VALUE MY ALONE TIME  
AND NEED IT TO  
RECHARGE."**

**"I PREFER TO KEEP MY  
POLITICAL OPINIONS TO  
MYSELF."**



# CHECK IN WITH YOURSELF

WHAT ARE MY NON-NEGOTIABLE VALUES AND PRINCIPLES?

HOW DO I FEEL WHEN MY BOUNDARIES ARE CROSSED AND HOW CAN I COMMUNICATE MY FEELINGS EFFECTIVELY?

IN WHICH AREAS OF MY LIFE DO I NEED STRONGER PERSONAL BOUNDARIES?

WHAT PAST PATTERNS OR BEHAVIORS HAVE INFLUENCED MY STRUGGLE WITH MAINTAINING BOUNDARIES?

HOW CAN I PRIORITIZE SELF-CARE AND ENSURE MY BOUNDARIES ARE RESPECTED WITHOUT GUILT?

# Values You Desire

- |                                          |                                         |                                         |
|------------------------------------------|-----------------------------------------|-----------------------------------------|
| <input type="checkbox"/> RESPECT         | <input type="checkbox"/> FORGIVENESS    | <input type="checkbox"/> SELF-RELIANCE  |
| <input type="checkbox"/> HONESTY         | <input type="checkbox"/> GRATITUDE      | <input type="checkbox"/> GENEROSITY     |
| <input type="checkbox"/> INTEGRITY       | <input type="checkbox"/> ASSERTIVENESS  | <input type="checkbox"/> ACCOUNTABILITY |
| <input type="checkbox"/> EMPATHY         | <input type="checkbox"/> TOLERANCE      | <input type="checkbox"/> SENSITIVITY    |
| <input type="checkbox"/> TRUST           | <input type="checkbox"/> ACCEPTANCE     | <input type="checkbox"/> EQUALITY       |
| <input type="checkbox"/> ACCOUNTABILITY  | <input type="checkbox"/> SELF-RESPECT   | <input type="checkbox"/> ADAPTABILITY   |
| <input type="checkbox"/> COMPASSION      | <input type="checkbox"/> COURAGE        | <input type="checkbox"/> BOUNDARIES     |
| <input type="checkbox"/> KINDNESS        | <input type="checkbox"/> TRANSPARENCY   | <input type="checkbox"/> CIVILITY       |
| <input type="checkbox"/> AUTHENTICITY    | <input type="checkbox"/> BALANCE        | <input type="checkbox"/> TEMPERANCE     |
| <input type="checkbox"/> FAIRNESS        | <input type="checkbox"/> INDEPENDENCE   | <input type="checkbox"/> CONSISTENCY    |
| <input type="checkbox"/> EMPOWERMENT     | <input type="checkbox"/> NON-JUDGMENTAL | <input type="checkbox"/> SELF-CARE      |
| <input type="checkbox"/> PATIENCE        | <input type="checkbox"/> LOYALTY        | <input type="checkbox"/> DISCERNMENT    |
| <input type="checkbox"/> SELF-AWARENESS  | <input type="checkbox"/> HUMILITY       | <input type="checkbox"/> RESTRAINT      |
| <input type="checkbox"/> SELF-DISCIPLINE | <input type="checkbox"/> RESPONSIBILITY | <input type="checkbox"/> HONOR          |
| <input type="checkbox"/> CONSISTENCY     | <input type="checkbox"/> RESILIENCE     | <input type="checkbox"/> HARMONY        |
| <input type="checkbox"/> BOUNDARIES      | <input type="checkbox"/> FLEXIBILITY    | <input type="checkbox"/> GRACIOUSNESS   |
| <input type="checkbox"/> PRIVACY         | <input type="checkbox"/> MINDFULNESS    | <input type="checkbox"/> GRACE          |

# WAYS TO IMPROVE BOUNDARIES

## **COMMUNICATION:**

**HOW CAN I EXPRESS MY BOUNDARIES CLEARLY AND ASSERTIVELY TO OTHERS?**

## **SELF-AWARENESS:**

**WHAT ARE MY TRIGGERS AND LIMITS THAT INDICATE WHEN I NEED TO SET OR REINFORCE MY BOUNDARIES?**

## **CONSISTENCY:**

**HOW CAN I ENSURE THAT I CONSISTENTLY UPHOLD MY BOUNDARIES WITHOUT WAVERING?**

## **SELF-COMPASSION:**

**AM I BEING KIND TO MYSELF WHEN ENFORCING MY BOUNDARIES, EVEN IF IT MAY DISAPPOINT OTHERS?**

## **SEEKING SUPPORT:**

**DO I HAVE A SUPPORT SYSTEM OR THERAPIST TO TURN TO FOR GUIDANCE IN ESTABLISHING AND MAINTAINING HEALTHY BOUNDARIES?**

# HEALTHY VS. UNHEALTHY BOUNDARIES

SETTING BOUNDARIES IS YOUR HUMAN RIGHT.  
READ FIRST EXAMPLE AND TRY FILLING IN THE BLANKS.

NEGLECTING SELF FOR  
DEMANDING FRIEND,  
FEELING DRAINED.

ESTABLISHING LIMITS WITH  
FRIEND, PRIORITIZING SELF-CARE  
FOR HEALTHIER RELATIONSHIP.

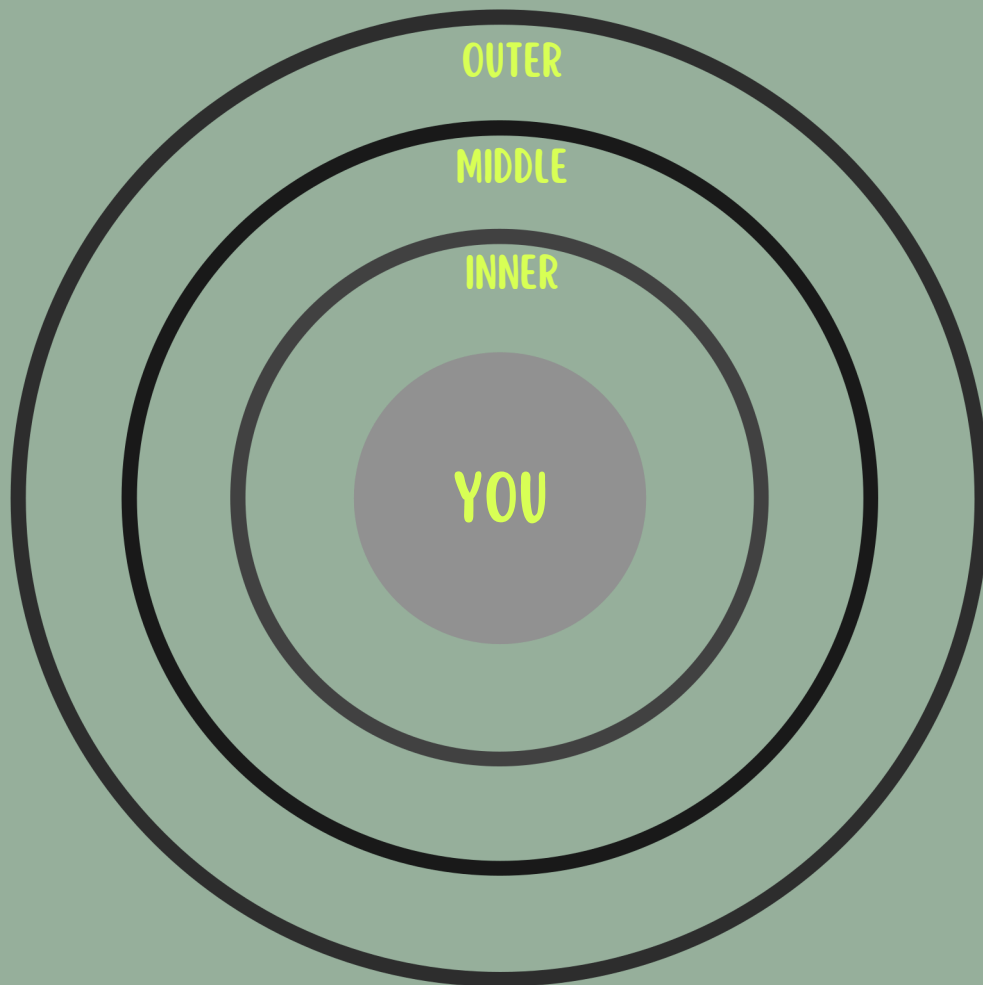


# TAKING ACTION

BOUNDARY THAT  
WAS CROSSED

ACTIONS I CAN  
TAKE

# WHAT IS BOUNDARY CIRCLE?



PERSONAL BOUNDARIES ARE LIMITS INDIVIDUALS SET TO PROTECT THEMSELVES FROM MISTREATMENT, CRUCIAL FOR HEALTHY RELATIONSHIPS AND EFFECTIVE COMMUNICATION. "BOUNDARIES CIRCLE" MAY SYMBOLIZE VISUALIZING PERSONAL SPACE AND LIMITS.

WHEN RESPECTED, PEOPLE ALIGN WITH PREFERENCES, BUT IF CROSSED, DISCOMFORT MAY ARISE. RESPECTING BOUNDARIES FOSTERS OPEN COMMUNICATION AND EMOTIONAL WELL-BEING.



# BOUNDARY CIRCLE EXERCISE

A TOOL TO FIND SAFE CONNECTIONS BASED ON  
PERSONAL BOUNDARIES AND DESIRED QUALITIES.

WRITE DOWN THE NAMES OF PEOPLE WHO BELONG IN  
EACH CIRCLE BASED ON HOW CLOSE YOU FEEL TO THEM  
AND HOW MUCH YOU TRUST THEM.

## INNER CIRCLE

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

## MIDDLE CIRCLE

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

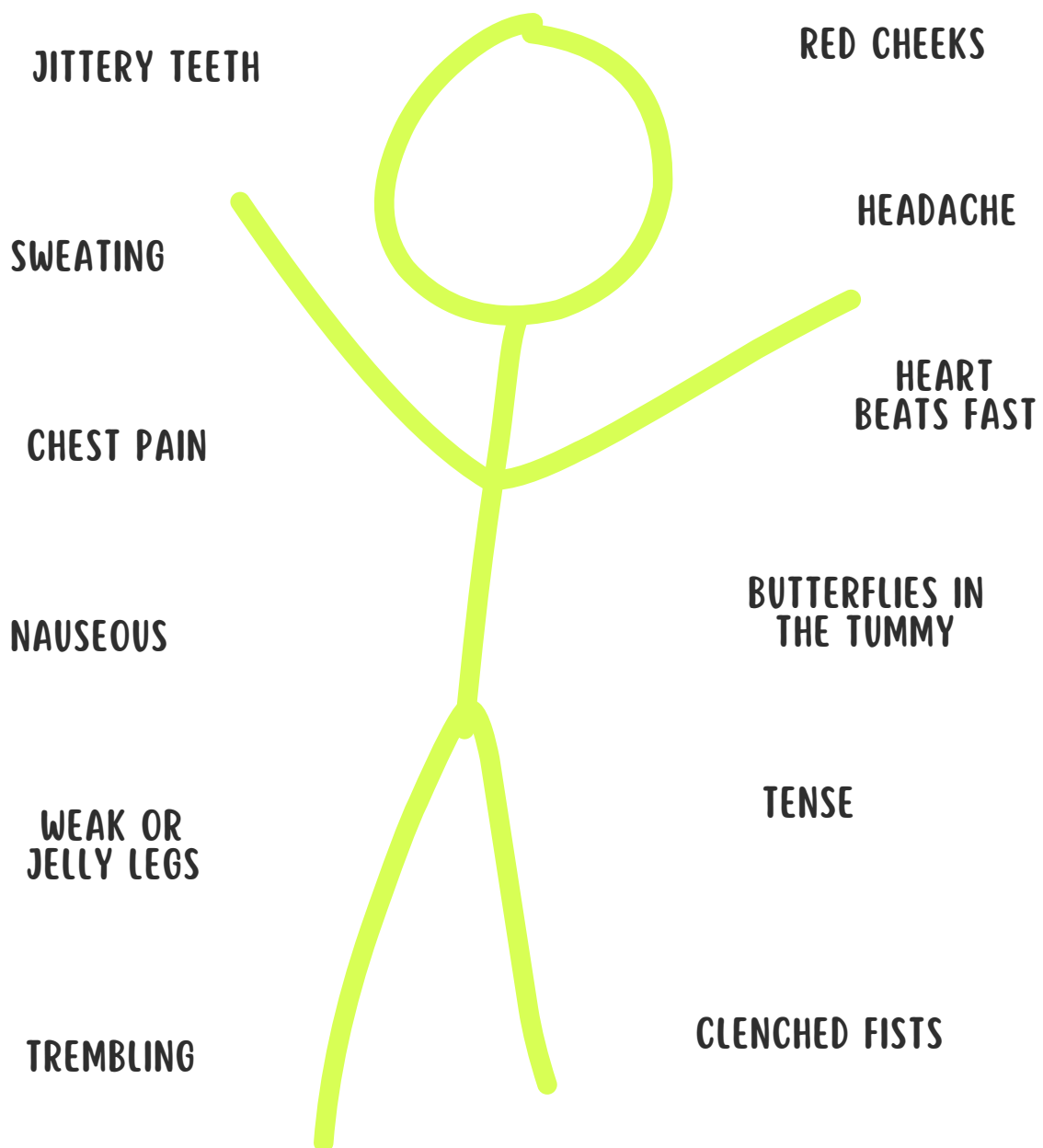
## OUTER CIRCLE

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
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# MY BODY SYMPTOMS

CROSSED BOUNDARIES TRIGGER DISCOMFORT AND PHYSIOLOGICAL SYMPTOMS. IT'S CRUCIAL TO PAY ATTENTION TO THESE CUES AS OUR MINDS AND BODIES ARE INTERCONNECTED. THESE FEELINGS ACT AS ALARMS, SIGNALING DISCOMFORT OR DANGER, AND ARE VITAL FOR OUR WELL-BEING AND SELF-PROTECTION.

PLEASE FIND BELOW SOME COMMON SYMPTOMS. CIRCLE ANY THAT MAY APPLY TO YOU, OR FEEL FREE TO ADD ANY ADDITIONAL ONES NOT LISTED.





# Boundary Setting Statements

**I WILL COMMUNICATE MY NEEDS AND DESIRES OPENLY AND HONESTLY, WITHOUT FEAR OF JUDGMENT.**

**I HAVE THE RIGHT TO SAY 'NO' TO ANY REQUEST OR SITUATION THAT MAKES ME UNCOMFORTABLE.**

**I WILL PRIORITIZE SELF-CARE AND SET ASIDE TIME FOR MYSELF WITHOUT FEELING GUILTY.**

**I EXPECT TO BE TREATED WITH RESPECT AND KINDNESS IN ALL MY RELATIONSHIPS.**

**I WILL NOT TOLERATE ANY FORM OF PHYSICAL OR EMOTIONAL ABUSE FROM OTHERS.**

**I WILL ESTABLISH CLEAR LIMITS ON HOW MUCH TIME AND ENERGY I INVEST IN HELPING OTHERS.**

**I WILL PROTECT MY PERSONAL SPACE AND PRIVACY, AND I EXPECT OTHERS TO DO THE SAME.**

**I WILL ASK FOR HELP WHEN I NEED IT AND ACCEPT SUPPORT FROM THOSE WHO GENUINELY CARE ABOUT ME.**

**I WILL TAKE RESPONSIBILITY FOR MY EMOTIONS AND ACTIONS, AND I WILL NOT LET OTHERS MANIPULATE OR CONTROL ME.**

**I WILL TAKE BREAKS FROM TECHNOLOGY AND SET BOUNDARIES FOR SCREEN TIME TO PRIORITIZE REAL-LIFE CONNECTIONS AND PERSONAL WELL-BEING.**

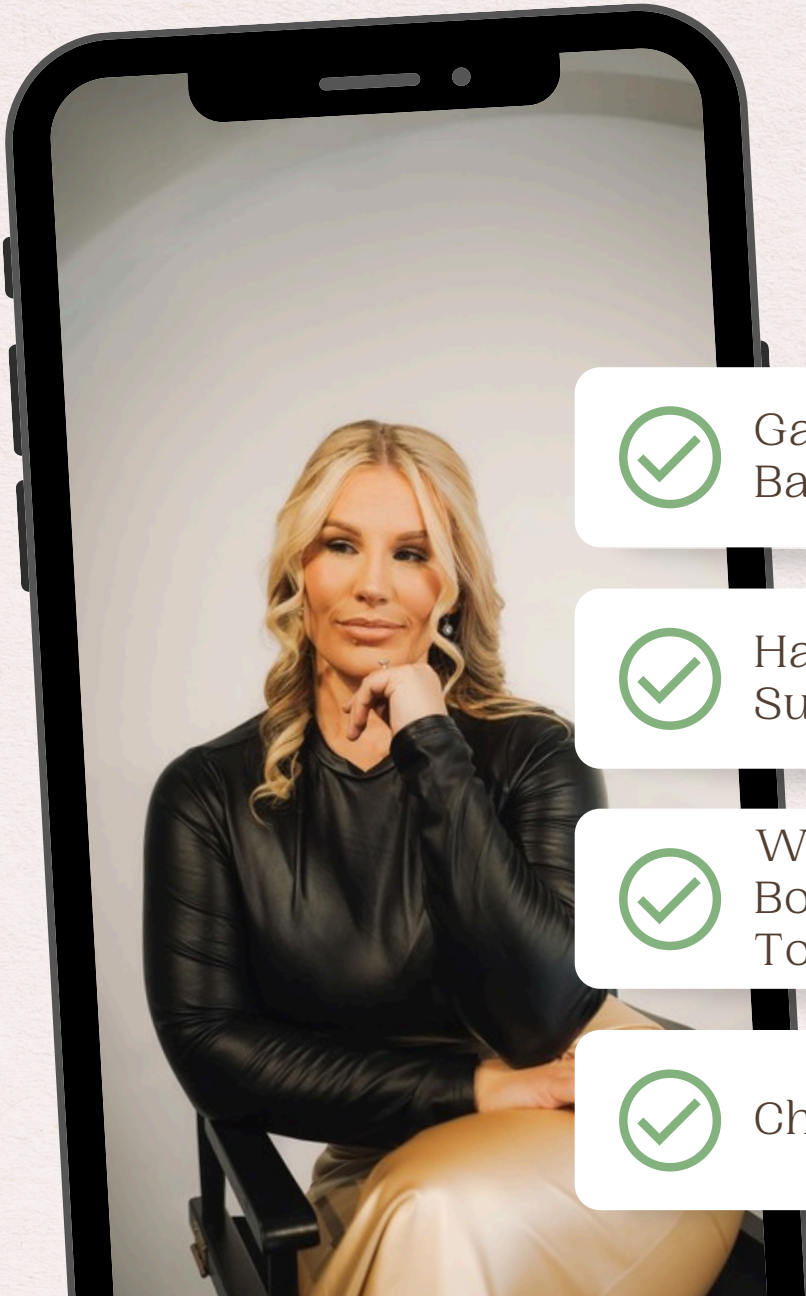
**I WILL VOICE MY OPINIONS AND CONCERNS ASSERTIVELY, KNOWING THAT MY THOUGHTS AND FEELINGS ARE VALID AND DESERVE TO BE HEARD.**

[illegible]



Work With ME

1:1 One on One



Gain Your Power Back



Have 24/7 Support



Work Through Boundaries Together



Change Your Life

[info@ellieempireofficial.com](mailto:info@ellieempireofficial.com)

Email me to set up a phone call



# BOOK NOW FOR A FREE 30 MIN CALL

Phone Call

START WORKING 1:1 WITH  
ME AS YOUR MENTOR

1

2

Comfort  
GET 24/7 SUPPORT

Habits

CHANGE THE TRAJECTORY  
OF YOUR LIFE

3



[info@ellieempireofficial.com](mailto:info@ellieempireofficial.com)