The Boundary

Naming a limit you have been postponing.

Some boundaries are easier to think about than to set. Most people know the boundary they need to name; what is usually missing is naming it specifically and deciding the response to pushback in advance. This sheet walks one boundary through, end to end.

What you are tolerating that is not working

What it is costing you

What it is costing the people around you

The boundary, in your own words

How you will communicate it, and to whom

What pushback you anticipate

Your response to that pushback, decided in advance

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

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Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.