

Boundary Preparation Sheet

Prepare a respectful, clear boundary before a difficult conversation.

A healthy boundary protects what matters while respecting both people.

The situation I want to address
What I am feeling and what I need
The specific limit or request
Words I can use: "I am not able to..." or "What I can offer is..."
How I will respond if the boundary is challenged

After the conversation

What went well?
What would I adjust next time?

For personal reflection and educational use only. This resource is not medical care, psychotherapy, diagnosis, or treatment.