



WORKBOOK

Setting boundaries



Conquering
Cancer™

Establishing Boundaries

Visualise

Boundaries can be difficult to define and can change over time. Use this worksheet to define your boundaries. Visualizing your boundaries will clarify where you need to set limits between yourself and other people.

Step 1 - Reflection

Take some time to reflect on your current life situation. Jot down answers to the following questions to help define your boundaries

What is causing me stress or discomfort right now?

What do I look forward to each day?

What do I dread each day?

Who or what gives me energy?

Who or what drains me?

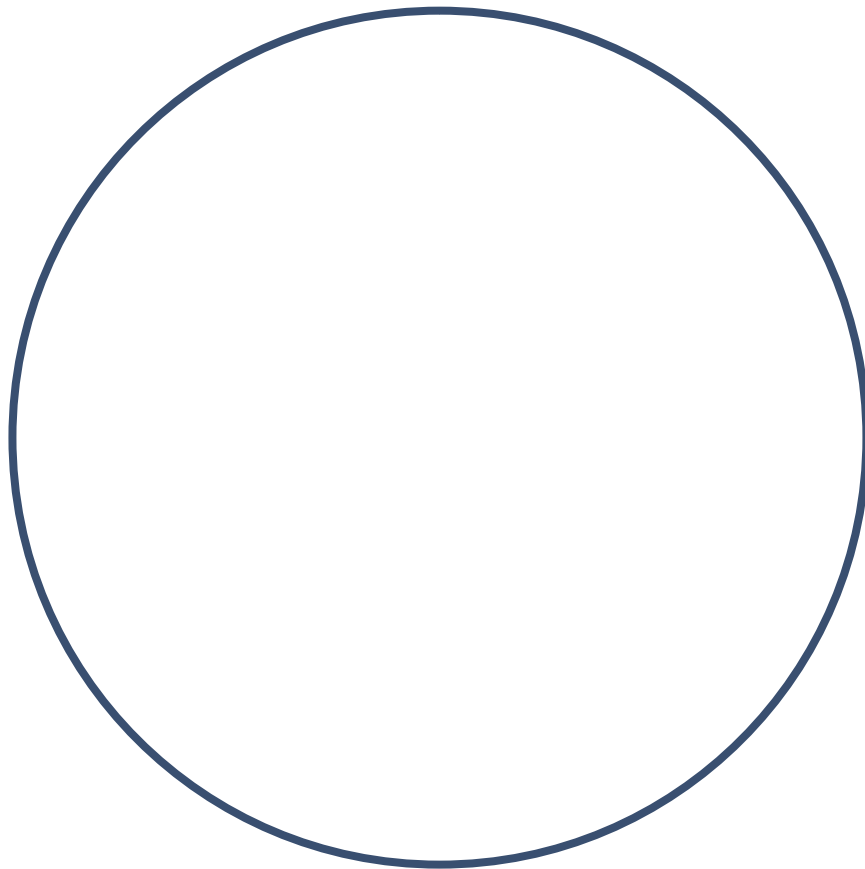
Who or what makes me feel safe, supported, and valued?

Who or what makes me feel unsafe, unsupported and devalued?

ESTABLISHING BOUNDARIES - VISUALISE (CONT'D)

Step 2 - Reflection

Inside the circle, write everything that makes you feel safe and stress-free. Examples can include - hugs, clear communication with partner, petting your dog or cat



Step 3 - Reflection

On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention. Examples could include - working late instead of going to the gym, worrying about what people think, other people telling you how to live your life

**Self-Care is
anything we can
do for ourselves
that is nourishing**

Consider your answers in the visualisation exercise. What self-care routine can you put in place for yourself in all 8 areas of your Self-Assessment Wheel (listed below)?

Nutrition

Relationships

Spirituality

Stress

Relaxation

Hydration

Sleep

Movement

**Boundaries are
the limits and
rules we set for
ourselves**

What boundaries can you set to protect your self-care routine? What roadblocks do you anticipate?

Nutrition

Relationships

Spirituality

Stress

Relaxation

Hydration

Sleep

Movement



Practice saying no - Everyone has the right to refuse or decline to do something. You do not owe any kind of explanation. However, saying no is difficult for those of us who want to keep others happy or who worry about what others will think of us. Try practicing these ways of saying no that are confident and respectful.

- "I'm not comfortable with this."
- "I'd rather not.... "
- "Please do not...."
- "I can't do that for you."
- "This doesn't work for me."
- "I've decided not to..."
- "This is not acceptable."
- "I'm drawing the line at..."
- "I don't want to do that."
- "Sadly, I have something else going on."
- "I have another commitment."
- "I wish I were able to."
- "I'm afraid I can't."
- "I don't have the bandwidth for that right now."
- "Thanks for thinking of me ..."
- "I'm honoured you asked me, but I simply can't."
- "Unfortunately, it's just not a good time."



Practice stating what you want - Sometimes it's difficult to state what we want and need, especially when dealing with someone in authority or in a difficult situation or relationship. Stating what we want is an essential skill for setting healthy boundaries. No further explanation is required when stating your preferences and needs. They can stand alone. Try using these phrases to practice ways of saying what you want confidently and respectfully..

- "I'd like to ..."
- "I'd prefer to..."
- "I'd rather..."
- "I want to..."
- "..... works for me."
- "I'm more comfortable with... "
- "I've decided that..."
- "I can only do this/meet/ talk on.... "
- "This is what's best for me..."

Daring to set boundaries is about the courage to love ourselves even when we risk disappointing others.

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