Figure 2.1: Worksheet for Teasing Out Boundaries

How I Have Set Boundaries in the Past	
What did I do to make my message clear?	
Did it feel confrontational? Why or why not?	
What happened as a result of setting the boundary?	
What did I learn through the experience?	
How I Plan to Set Boundaries Moving Forward	
What could I do to make my message clear?	
What can I do to feel confident if setting boundaries initiates a confrontation?	
What is one possible outcome of setting a boundary?	
How do I hope this will be different from past experiences of setting boundaries?	