

# Boundary Clarity Builder

## Turning Discomfort Into Clear, Calm Limits

### How to Use This Tool

*A boundary is not a threat. It is not control. It is not punishment. A boundary is clarity about:*

- *What works for you*
- *What doesn't*
- *What you will do if something continues*

*Use this worksheet when you feel recurring frustration, resentment, or emotional exhaustion in a relationship. Discomfort is often the first sign a boundary is needed.*

### Part 1: Identify the Pattern

#### 1. What specific behavior is not working for me?

(Describe observable behavior, not the person's character.)

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#### 2. How often does this happen?

- Once
- Occasionally
- Repeatedly
- Consistently

#### 3. How does this behavior affect me emotionally?

- Drained
- Dismissed
- Overwhelmed
- Resentful
- Anxious
- Disrespected
- Other: \_\_\_\_\_

## Part 2: Clarify the Need

### 4. What do I actually need instead?

(Be specific and realistic.)

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### 5. Is this request within the other person's ability to reasonably meet?

- Yes
- Possibly
- I'm not sure

If not sure, refine the request to something clear and actionable.

## Part 3: The Boundary Statement Builder

Use this structure:

“When \_\_\_\_\_ happens, I feel \_\_\_\_\_.  
What I need is \_\_\_\_\_.  
If it continues, I will \_\_\_\_\_.”

Write your version:

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## Part 4: Integrity & Follow-Through Check

### 6. Am I willing to follow through on the action I named?

- Yes
- Not yet, I need to adjust it
- No, I need to rethink the boundary

A boundary without follow-through becomes a repeated request.

## Part 5: Tone Reset

Before speaking, ask:

- Am I calm enough to say this clearly?
- Am I speaking to protect my energy, not punish them?
- Am I prepared for them to have their own reaction?

Boundaries create clarity. Reactions create information.

## Closing Reminder

*Healthy boundaries:*

- Reduce resentment.
- Increase respect.
- Protect connection, they don't destroy it.

*You are not responsible for controlling others. You are responsible for honoring yourself.*