

Boundary-Setting Checklist

Step 1: Understand What Boundaries Are

- ☐ Remember: boundaries protect your time, energy, and emotions.
- ☐ Learn the four main types: emotional, physical, financial, and digital.
- ☐ Keep in mind that boundaries create respect, not distance.

Step 2: Notice When Boundaries Are Needed

- ☐ Check how you feel after interactions - guilt, tension, or exhaustion may be signs.
- ☐ Notice if your parents dismiss your needs or expect constant contact.
- ☐ Ask yourself if you say “yes” out of obligation instead of choice.
- ☐ Reflect on whether you often feel responsible for their emotions.
- ☐ If several points fit, it's time to set clearer limits.

Step 3: Define Your Personal Limits

- ☐ Identify moments that leave you feeling stressed, drained, or uncomfortable.
- ☐ Write down what you need more of (privacy, rest, independence).
- ☐ Note what you need less of (criticism, control, guilt).
- ☐ Keep a short journal to track patterns where your limits are tested.

Step 4: Communicate Your Boundaries

- ☐ Choose calm, neutral moments to talk about limits.
- ☐ Use kind “I” statements that express feelings, not blame.
- ☐ Example: “I appreciate your concern, but I need to make my own choices.”

- ☐ Speak clearly, confidently, and without apology.
- ☐ If tensions rise, pause the talk and revisit it later.

Step 5: Follow Through Consistently

- ☐ Restate your boundaries calmly whenever they're crossed.
- ☐ Stay consistent - don't bend rules to avoid guilt.
- ☐ Set fair consequences when needed.
- ☐ Example: "If you raise your voice, I'll end the call."
- ☐ Acknowledge small improvements to encourage respect.

Step 6: Manage Guilt and Pushback

- ☐ Expect guilt - it's normal when breaking old habits.
- ☐ Breathe and remind yourself why the boundary matters.
- ☐ Stay calm when parents react emotionally; their feelings are not your job to fix.
- ☐ Reach out to supportive friends or a therapist if it feels overwhelming.

Step 7: Revisit and Adjust

- ☐ Review boundaries regularly as life and relationships change.
- ☐ Stay flexible, but don't ignore your limits for comfort.
- ☐ Celebrate progress - every step toward balance matters.