

THE ABCD TO HEALTHY BOUNDARIES

A PRACTICAL GUIDE TO PROTECT YOUR PEACE, VALUES & RELATIONSHIPS

A AWARENESS SELF-DISCOVERY

BE CURIOUS, NOT CRITICAL

- ✓ What is happening—and what is it costing me?
- ✓ What patterns, triggers, or childhood wounds am I bringing into this?
- ✓ What am I feeling? Where do I feel it in my body?
- ✓ What is my inner voice saying?



What fears are getting in the way?

Ex: "If I say no, they might be mad."



What beliefs am I holding?

Ex: "That means I'm unlovable."



Challenge it:

- ✓ Is that true?
- ✓ What do I know to actually be true?

— What do I need? What values matter most? —

C COMMUNICATION CLEAR & RESPECTFUL

SAY IT ONCE. SAY IT CLEARLY.

- ✓ Use "I" or "We" statements (never "you" statements)
- ✓ Keep it respectful, neutral, & topic-focused
- ✓ State the boundary clearly—no over-explaining
- ✓ Can I follow through on this? If not, adjust it.



"I'm not available for last-minute schedule changes."



"We will communicate about the kids by email only."

B BOUNDARIES CLARITY & STRUCTURE

TURN INSIGHT INTO CLEAR LIMITS

- ✓ Can be a statement or a request.
- ✓ What structures would make this more consistent, respectful, and neutral?
- ✓ What values need to be re-prioritized?

Ex: The well-being of my kids > proving my co-parent is wrong

- ✓ What am I willing to do?
- ✓ What am I not willing to do?
- ✓ What is within my control and responsibility?

D DO THE ACTION PLAN

WITHOUT THE D, THE REST IS MEANINGLESS

- ✓ What action will I take to protect my needs & values?
- ✓ What will I do if the boundary is not respected?
- ✓ Use "When/Then" statements when possible:



"When communication becomes disrespectful, then I will end the conversation and revisit it later."



- ✓ Not a threat or a punishment.
- ✓ Personal limits do not require other person to agree.

WHY IT MATTERS



Protect your peace & reclaim your power



Aligns with your values



Reduce conflict & create consistency



Strengthens healthy connection