

# Boundary-Setting Starter

A FREE WORKSHEET TO HELP YOU PRACTICE SAYING NO AND  
PROTECT YOUR ENERGY WITHOUT GUILT

## Why Boundaries Matter

Setting boundaries isn't selfish—it's self-respect. And yet, if you're used to people-pleasing, even the idea of setting one can feel terrifying.

This worksheet will walk you through 3 common scenarios and give you space to try out boundary scripts of your own. Consider this your starter toolkit.

### Scenario 1: Someone asks for your time when you're already overwhelmed.

Script:

"I'm stretched thin writing now and can't commit to that. Thanks for understanding."

Try it:

I could say... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Scenario 2: A friend expects you to always say yes.

Script:

"I really care about you, and I also need to honor my own limits. I'm not able to do that right now."

Try it:

I could say... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Scenario 3:** You’re asked to explain your “no” too many times.

Script:

“I’ve already given my answer. I hope you can respect that.”

Try it:

I could day... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Bonus Reflection Questions**

What kind of situations do I find hardest to say no in?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What emotion comes up when I try to assert a boundary?

\_\_\_\_\_

\_\_\_\_\_

What would it look like to put my needs first, just for one day?

\_\_\_\_\_

\_\_\_\_\_

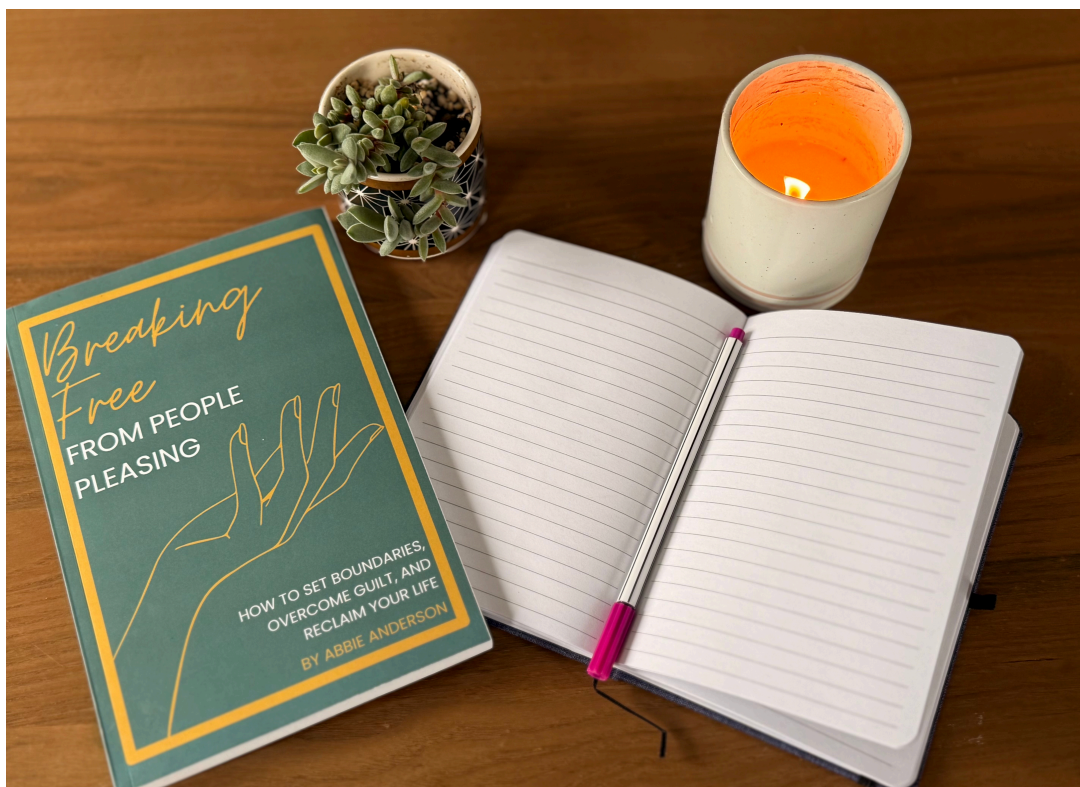
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**Want more real-life boundary scripts, emotional support,  
and healing tools?**



My book *Breaking Free from People-Pleasing* is packed with practical ways to reclaim your voice, your time, and your life.

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