

BOUNDARIES PLAYBOOK

You may have already noticed a difference in how you show up in the world, so now it's time to use what you've learned about yourself so far to create and communicate the conditions you need to thrive.

INSTRUCTIONS

1. *Think about one major area of your life.* Look back at the checklist in the Strategy or identify another aspect of your life that troubles you. Or you may want to create multiple new boundaries in one area.
2. *Determine where a boundary needs to be set or re-established.* Let the Four Feelings Test guide you. Circle which emotion you're experiencing and complete the fill-in-the-blank. Think about the situation and circumstances under which the emotion arises.
3. *Identify who you are negotiating or setting the boundary with.* Remember, a boundary creates space between you and another entity. Sometimes it's space between you and a coworker or a family member. Other times you may be setting limits between your most balanced self and your self-sabotaging self. In both cases, there may be internal and external shifts involved to follow through.
 - *If you're setting a boundary with someone else.* Externally you'll have to communicate changes. Internally, you may make a decision to spend less time around that person.
 - *If you're setting a boundary with yourself.* Externally you may make changes to the way you manage your calendar. Internally, you may create affirmations or reminders that encourage you to stick to your commitments.
4. *Be clear about how you will support, honor, or uphold the boundary.* Many times in the past you may have tried to set a boundary, but then quickly caved to guilt because it was easier and more familiar. Those days are behind you. Make a clear commitment to yourself about how you'll follow through.

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Jessica

WORK	HOME
I feel tense (<u>resentful</u>) frustrated / uncomfortable because <u>work is causing me to miss time with my kids and skip their sports games.</u>	I feel tense / resentful (<u>frustrated</u>) uncomfortable because <u>my husband asked for a trial separation.</u>
The boundary that needs to be set is <u>leaving work by 4 p.m. on Mondays and Wednesdays.</u>	The boundary that needs to be set is <u>committing to date night every Thursday to mend our bond.</u>
I'm going to uphold that boundary by <u>blocking off my calendar and making myself unavailable for meetings at those times.</u>	I'm going to uphold that boundary by <u>hiring a babysitter and picking out activities and events for us in advance.</u>
HEALTH	SELF
I feel (<u>tense</u>) resentful / frustrated / uncomfortable because <u>I'm constantly under pressure to succeed and unable to rest when I need to. I'm tired all the time.</u>	I feel tense / resentful / frustrated / (<u>uncomfortable</u>) because <u>of the guilt I feel to be a good wife, mother, and leader, all at the same time.</u>
The boundary that needs to be set is <u>that I have to build in time to rest. For me that means not working every night until midnight.</u>	The boundary that needs to be set is <u>forgiving myself for feeling guilty for the time that I missed with my kids.</u>
I'm going to uphold that boundary by <u>starting to get ready for bed at 10 p.m. so that I have time to wind down and then turning the lights off by 11 p.m. on work nights.</u>	I'm going to uphold that boundary by <u>reminding myself I'm doing the best I can.</u>

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WORK	HOME
I feel tense / resentful / frustrated / uncomfortable because _____.	I feel tense / resentful / frustrated / uncomfortable because _____.
The boundary that needs to be set is _____.	The boundary that needs to be set is _____.
I'm going to uphold that boundary by _____.	I'm going to uphold that boundary by _____.
HEALTH	SELF
I feel tense / resentful / frustrated / uncomfortable because _____.	I feel tense / resentful / frustrated / uncomfortable because _____.
The boundary that needs to be set is _____.	The boundary that needs to be set is _____.
I'm going to uphold that boundary by _____.	I'm going to uphold that boundary by _____.