SESSION to LIFE

Boundaries Reflection

Notice where your limits are honored and where they feel stretched.

Date: _____

A situation where I felt my limits were crossed:

What I felt in my body when it happened:

What I needed in that moment:

A boundary I would like to practice (one sentence):

A kind, clear way I could say it:

One small step I can take this week:

Educational resource only. Not a substitute for individualized mental health treatment. In crisis (US): call or text 988.