Family Boundary Reflection

Think through one limit that fits your circumstances.

1. Which situation do I want to address?

Choose one specific conversation, request, or expectation.

2. What can I realistically offer?

Consider your time, privacy, responsibilities, and practical limits.

3. How could I say it clearly?

Write a short sentence about your own availability or choices.

4. What support might I need?

If a direct conversation could bring threats or retaliation, seek confidential support first.

For general education only, not a substitute for therapy, diagnosis, or medical care. These prompts are optional. Stop if completing them increases distress and seek appropriate support. This worksheet is not monitored; keep completed notes private. If you are in crisis, call or text 988. If you are in immediate danger, call 911.