

Boundaries and Self-Respect Prompts



Where in my life am I saying 'yes' when I really want to say 'no'?

What am I afraid might happen if I set a reasonable boundary?



Which situations consistently leave me feeling resentful, drained, or uncomfortable?

What boundary do I already know I need to communicate?



Where do I over-explain myself when a simple "no" would be enough?

What behavior from other people am I tolerating because I don't want to disappoint them?



What does respecting my own time look like this week?

Which of my needs do I tend to treat as less important than everyone else's?



How can I communicate one boundary clearly without apologizing for having it?

What would change if I trusted myself to handle someone else's disappointment?

