

BOUNDARIES & SELF-PRESERVATION

PARTICIPANT WORKBOOK

Welcome:

Today, we're focusing on how to protect your peace while honoring your emotions.

You are invited to:

- Share or simply listen
- Take what you need
- Move at your own pace

There is no right way to be here.

What Are Boundaries?

Boundaries are not about controlling others.

They are about protecting your **peace, energy, and well-being**.

"Boundaries are how we take care of ourselves."

They help you:

- Feel safer emotionally
- Reduce overwhelm
- Stay grounded
- Honor your needs

Gentle Reflection

Take your time. There is no right answer.

What am I feeling?

How am I arriving today?

Understanding Boundaries

- What does a boundary mean to me?
- When have I felt my boundaries were crossed?

My Current Needs

- What do I need more of in my life right now?
- What drains my energy?

Emotional Awareness

- What situations or thoughts trigger overwhelm?
- What helps me feel grounded again?

Guilt & Boundaries

- Do I feel guilty setting boundaries?
- Where might that feeling come from?

My Boundary Statement

Right now, I need more:

To protect my peace, I can:

One small boundary I can honor this week:

Core Reflection

Is this boundary protecting me...
Or punishing someone else? (this is a deep one)

Gentle Reminders:

- Boundaries are an act of self-care
 - You are allowed to protect your peace
 - It's okay to take small steps
 - You don't have to figure everything out today
 - Healing is not linear
 - You are allowed to take up space
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Take With You

"Taking care of yourself is not selfish—it's necessary."

What is one thing you're taking with you today?
