

Boundaries & Communication



Creating healthy limits and authentic connection

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About This Session

Healthy boundaries are not about keeping people out. They are about letting the right people in, on your own terms. This session covers boundary analysis, tolerations, saying no, and communicating your needs with clarity and compassion.

Boundaries and Authentic Communication

Boundaries are not walls. They are the honest expression of where you end and others begin. They are acts of self-respect and invitations for authentic connection.

Boundary Analysis

In which relationships or situations do you consistently say yes when you mean no? What fear lies underneath?

My Tolerations List

List 10 things you are currently tolerating: situations, behaviours, circumstances, or relationships that drain your energy.

Practising Saying No (and Yes)

Choose one situation where you need to set a boundary. Write your boundary statement: kind, clear, and non-negotiable.

The situation:

My boundary statement:

Why this matters to me:

A Difficult Conversation I Need to Have

Use this framework: "When [situation], I feel [emotion], because I need [need]. Would you be willing to [request]?"

Energy Audit

What drains my energy most (people, habits, environments):

What fills my energy most:

Reflection Questions

1. Where did you first learn that having needs or limits was not okay?

2. What do you fear will happen if you enforce your boundaries more clearly?

3. Which toleration has been draining you the longest? What would it free up to address it?

4. What is one conversation you have been avoiding that you will commit to having this week?

My Notes
