Boundaries: clear, respectful choices | Practice

# A Small Boundary Experiment

Adults and caregivers | 5 to 10 minutes | Worksheet

**Try one optional change in availability and plan how to notice its effects.**

Choose an everyday situation where a small change feels safe enough to test. You may practice privately rather than communicate with another person. The task should fit your circumstances, not create another obligation.

## How to use this page

Decide on one action, a time window, and a way to review it. You can change your mind if the situation becomes less workable.

## Make the experiment small

Examples include waiting until a planned time to answer a nonurgent message, checking your calendar before agreeing, or asking whether a task can be shared. Choose an action that respects real responsibilities and does not rely on someone else behaving perfectly.

## Prepare for the feeling

You might notice relief, guilt, uncertainty, or nothing in particular. You do not have to remove the feeling before deciding what is workable. Identify a supportive reminder or person who can help you think without insisting on a particular answer.

## Set a review point

Afterward, note what the change protected and what it cost. If it created a safety concern or practical problem, pause and seek support. The aim is to learn about fit and capacity, not to prove that you can tolerate any reaction.


Original educational material. Not a validated assessment or treatment protocol.

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### 1. My optional experiment and the situation in which I will try it

### 2. Support I may need, and a reason to pause or change the plan

### 3. When I will review what happened

#### Facilitator notes and adaptation

Check whether delayed responses could affect essential care or agreed duties. Encourage realistic alternatives and professional consultation when responsibilities are unclear.

#### About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.



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### Conceptual references

PB06 | Centre for Clinical Interventions, Government of Western Australia | Assertiveness: Improving Assertiveness Self-Help Resources

https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

PB07 | Department of Health, Government of Western Australia | Assertive Communication

https://www.health.wa.gov.au/sitecore/content/Healthy-WA/Articles/A_E/Assertive-communication


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