

Boundaries: clear, respectful choices | Review

Review the Boundary, Not Your Worth

Adults and caregivers | 5 to 10 minutes | Worksheet

Evaluate a boundary attempt by clarity, safety, and fit rather than approval.

Use this page after trying a response, preparing one, or deciding not to act. You can learn from any of those choices. Someone else's reaction is information, not a complete verdict on you.

How to use this page

Recall one specific moment. Keep the review brief and avoid replaying an upsetting exchange in detail. If you need support first, leave the page for later.

What did you choose?

Name the action you took or the decision you postponed. Did it communicate your availability, protect something important, or reveal a need for help? If the words came out differently than planned, describe the difference without calling yourself weak or selfish.

What did the situation show?

Consider both your internal experience and the external conditions. Were the words understandable? Was the timing workable? Was the other person able to respect choice? Do not respond to threats or coercion by assuming you only need a better script.

PK08-06 | continued

What would make the next choice easier?

You may keep the limit, change the wording, ask for support, or decide direct communication is unsuitable. If there was no attempt, identify one obstacle such as uncertainty, dependence, access, or safety. Choose a next step that addresses that actual obstacle.

1. What I chose, and what it protected or revealed**2. What felt workable or difficult, including the other person's response****3. What I want to keep, change, or get support with**

PK08-06 | continued**Facilitator notes and adaptation**

This is not a measure of assertiveness or resilience. Validate survival strategies and avoid interpreting compliance under pressure as consent.

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.

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