

Boundaries

A Boundary I Can Act On

Adults | 10 to 15 minutes

A boundary describes what you will participate in or do. It does not guarantee another person will agree. Choose an everyday example, such as calls during rest time. If saying a limit could bring threats or retaliation, consider private support before planning a conversation.

Choose one limit. Separate your preference, your words, and an action you can realistically take.

Make the limit specific

Describe the behavior and situation without diagnosing the other person. For example: I can talk for ten minutes after dinner. Notice what access, money, culture, or caregiving responsibilities affect your choices.

Choose your response

Decide what you will do if the limit is missed, such as ending a routine call and offering another time. Avoid a consequence you cannot safely carry out. A private support request can be the next step.

1. What situation crosses a limit for me?**2. What limit fits my needs and real choices?****3. What words or nonverbal signal could communicate it safely?****4. What action or support will I use if the pattern continues?****Clinical use and adaptation**

Assess coercion, surveillance, dependence, and retaliation privately. Do not require confrontation or frame a harmed person as responsible for preventing abuse through better boundaries. Adapt for disability and cultural context. When safety is uncertain, prioritize individualized assessment and appropriate specialist support.