

Boundaries Without Guilt

A Mini Workbook

Many women were taught to be dependable before they were taught to be discerning.

To say yes. To keep the peace. To overextend. To carry what others could not.

When we set boundaries, they can begin to feel uncomfortable, selfish, or even wrong.

But boundaries are not rejection. They are communication. They are self-respect. They are one way we honor our emotional, mental, and physical well-being.

This workbook is not about becoming hard or distant. It is about learning to care for yourself with honesty and clarity.

Part 1 — Awareness

Reflection Questions

1. Where do I feel emotionally exhausted?
2. Who or what consistently drains my energy?
3. Where am I saying yes while internally wanting to say no?
4. What situations leave me feeling resentful, overwhelmed, or unseen?
5. What am I afraid might happen if I begin setting healthier boundaries

Part 2 — Understanding Guilt

Guilt does not always mean you are doing something wrong.

Sometimes guilt simply means you are doing something differently than you have before.

Especially if you are used to:

- people pleasing
- over giving
- caretaking
- avoiding conflict
- carrying emotional responsibility for others

Part 3 — Reframing Boundaries

Instead of: “I am letting people down.” Try: “I am learning to include myself in the care I give.”

Instead of: “They will think I am selfish.” Try: “I am allowed to have limits.”

Instead of: “I must explain myself completely.” Try: “A respectful boundary does not require over-explaining.”

Part 4 — Gentle Boundary Practice

Complete the following:

I need more support with...

One area where I need stronger boundaries is...

One thing I can begin saying no to is...

One way I can care for myself this week is...

Closing Reflection

Boundaries are not walls. They are reminders that your needs matter too.

You are allowed to protect your peace without apologizing for needing it.

Her Season • Her Story • Her Vision
