

Back Ups to Help You Stick to Your Boundaries

1. Promises to Yourself

- "When I reach a certain point of exhaustion/stress, I will stop, identify the problem and/or get the rest and help I need."
- "When I am rejected, I will feel the discomfort, sort through my part, if any, accept current circumstances, learn and move on."

2. On-Call Help

- Confidante: Someone who will let you vent and keep it confidential.
- Mentor: Someone you admire and trust to encourage, teach and guide you.
- Helping Team: friends and family who will be there for you and help you when you need.

3. Personal Power Sources

- Physical: Sleep, exercise, nutrition, etc.
- Spiritual: meditation, affirmations, prayer, etc.
- Emotional: getting feelings out in a way that is safe for you and others.
- Mental: thinking about something else for a while, giving your mind a break.



For each of the ways to help you maintain your boundaries, fill in what you are already doing or what you can start doing to help you stick with your own boundaries. You may choose to post this on your fridge or mirror, or keep a copy in your wallet.

1. Promises to Yourself

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2. On-Call Help

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• Mentor: _____

• Helping _____

3. Personal Power Sources

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• Spiritual: _____

• Emotional: _____

• Mental: _____