



Petal & Paper

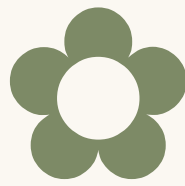
YOUR FREE PRINTABLE

Personal boundaries worksheet



Find more free wedding printables at
247printables.com

Page 2 is your clean, ready-to-print sign — edit the text in any free PDF editor.



B O U N D A R I E S

boundaries worksheet

Where do I feel drained, resentful or overstretched? ·

A boundary I need to set ·

What I'll say (clear, kind, firm) ·

What I'm afraid will happen ·

What's likely to actually happen ·

How I'll hold the boundary if pushed ·

One boundary to practise this week ·

" N O " I S A C O M P L E T E S E N T E N C E —
B O U N D A R I E S P R O T E C T Y O U R W E L L B E I N G

— edit the text in any free PDF editor —

