

HEALING & RECLAIMING



Boundary Follow-Through: A Small Plan for the Moment After You Say No



A PRACTICAL COMPANION TO THE GUIDE

Turn a boundary into an action you can carry out, with realistic scripts, a follow-through ladder, and a printable planning workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01

Name the actual limit

Describe the resource you are protecting: time, money, attention, physical space, or another concrete need. Write what is available as well as what is unavailable. Include a date or duration if it matters. For example, twenty minutes of advice is available while ongoing project management is unavailable. This prevents a general feeling of overwhelm from becoming an unclear instruction.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Distinguish the request from your action

Write the behavior you would like from the other person in one column and your own available action in another. Circle the action you can carry out independently. If you cannot safely act without support, identify that support first. The worksheet should reveal limits in the plan rather than encourage you to conceal them behind confident language.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 03



Write the first sentence

Use one clear sentence to state your decision and, if appropriate, one sentence to name a limited alternative. Read both aloud. Remove apologies that bury the answer or alternatives you do not actually want to provide. Keep any necessary courtesy. Your wording should sound like you on an ordinary day, not a quotation from somebody else's life.

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EXERCISE 04

Prepare one repeat

Record the familiar response that tends to pull you back into negotiation. Beside it, write a brief acknowledgment followed by your unchanged decision. Practice stopping after that response. Repetition is optional; some situations need only an initial answer. Do not treat a script as a guarantee that the other person will accept your decision or respond reasonably.

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EXERCISE 05



Check the final rung

Specify what you will do, when you will do it, and what resources it requires. Check transport, childcare, access to a phone, and any other relevant dependency. Scale the action down if necessary. An action that you can carry out calmly and safely gives you more useful evidence than a consequence that exists only in the margin of a worksheet.

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EXERCISE 06

Choose a review question

Write one question about your behavior, such as whether you stopped at the agreed time. Add a separate space for any practical cost or new information. Keep another person's disappointment out of the success criterion unless their response revealed a real safety or relationship issue that needs attention. Schedule the review soon enough that you can remember what occurred.

YOUR WORKING RECORD

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