

JOURNALYN · BOUNDARIES SERIES



The Boundaries *Workbook*

*Maps the four domains where women most often
over-give. Names the asks that drain you. Gives you
the scripts for the conversations you have been
avoiding.*

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WELCOME

Hello, and *welcome*.

Boundaries are not walls. They are the place where you stop and the other person begins. This workbook does not just tell you to set them. It maps the four specific domains where women over-give and gives you the actual scripts.

How this workbook is structured

A 4-domain map (work / family / friends / parenting), 14 prompts that move from awareness to scripts to recovery, and two reflections. References for the most-needed boundary scripts.

What this is not

Not a confrontation manual. Most boundary work is quiet (you stop a pattern, you do not announce it). Not a therapy substitute, especially for codependency or abuse dynamics.

If your situation is more complicated

Abuse, active addiction in family, or trauma-bound dynamics deserve professional support. This workbook is a companion alongside therapy, not in place of it.

REFERENCE

The four *domains*

Boundaries fail differently in each domain. Identifying yours sharpens the work.

1

Work

Last-minute asks, scope creep, after-hours messages, emotional labor with coworkers.
"I do not want to be the difficult one."

2

Family of origin

Holiday obligations, financial asks, advice you did not ask for, the role you were assigned at 12 that you still play at 42.

3

Friends

The friend who only calls when in crisis, last-minute cancellations, one-sided emotional drain. "I am the one she calls."

4

Parenting / partnering

Mental load defaults, asks from grown children, partner-shaped over-functioning. "It is easier if I just do it."

PROMPT

DATE

01

SELF-RESPECT TODAY

1

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Start. Why are you here? A specific moment recently when a boundary should have held and did not.

1. What did it cost you?

2. What did saying yes earn you that you actually needed?

EVENING ANCHOR

Notice the trade. Naming it changes it.

PROMPT

DATE

02

SELF-RESPECT TODAY

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Map. Of the four domains (work, family, friends, parenting), where do boundaries fail most often?

1. Pick one. Describe the typical pattern in three sentences.

2. Who taught you this pattern was normal?

EVENING ANCHOR

Patterns are inherited. They can be unlearned.