

# Boundary Reflection Sheet

A boundary can be a caring way to protect your time, energy, values, and relationships.

## WHERE IS MY ENERGY FEELING STRETCHED?

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## WHAT FEELING OR NEED IS ASKING FOR ATTENTION?

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## WHAT CLEAR AND KIND BOUNDARY COULD SUPPORT ME?

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## A SENTENCE I CAN PRACTICE

"I care about this, and I am not able to \_\_\_\_\_ right now."