REBUILD SELF-TRUST

Boundaries & Choices

A boundary can involve your own choices, time, contact, or support. When another person uses intimidation or coercion, directly announcing a boundary may not be safe; protecting yourself comes first.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I feel depleted after certain conversations.
- [ ] I agree to things I do not want to do.
- [ ] I need more rest, privacy, or support.
- [ ] I feel pressured to respond immediately.
- [ ] I struggle to recognize what is optional.
- [ ] I need a boundary that does not require confrontation.

REFLECT AT YOUR OWN PACE

What situation do I want to approach differently?

What options are genuinely available and reasonably safe for me?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Barrett, C. (2023). Narcissistic Abuse: Training for PESI Law and Ethics [slides in Legal and Ethical Considerations for Working with Narcissism and NA/ARS]. PESI training materials.

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Boundaries & Choices

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

What can I decide about my own time, responses, or support?

What could make this difficult, and who could help?

How will I know whether this choice is helping?

OPTIONAL GENTLE PRACTICE

Consider one low-risk option, such as pausing before responding or asking a trusted professional to review your choices. Avoid a direct confrontation if unsafe.

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