Boundaries and Everyday Choice

Reflect on your right to make choices about time, contact, attention, and personal space.

GENTLE REMINDER

This is a private reflection, not a suggestion to confront someone. If a boundary could increase danger, plan with a qualified support person first.

A situation where I would like more choice

Keep this general; identifying a person is not necessary.

What I would prefer in that situation

More time, less contact, a break, another setting, or support.

A sentence that feels possible for me

For example: “I need time to think about that.”

How might I recognize when I need a pause?

Notice practical signals, emotions, or changes in attention.

A small, lower-risk boundary I could practice

Only if it is safe and realistically within my control.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Psychotherapy Networker (2018), Levine master class, Part 4 (Jenny); Levine (2010), In an Unspoken Voice.

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