A Boundary I Can Safely Choose

Emotional autonomy without unsafe confrontation

Boundaries can be internal decisions, practical limits, or spoken requests. You do not need to confront someone if doing so could increase risk.

TAKE YOUR TIME If there is intimidation, monitoring, or potential retaliation, prioritize individualized safety support over a boundary script.

1. **What situation is leaving me uncomfortable or overextended?**

2. **Is discussing this directly safe? yes / no / unsure**

3. **What is within my control (my time, availability, information shared, or support sought)?**

4. **One small limit I could choose, without relying on their cooperation, is...**

5. **What reaction or risk should I consider before acting?**

6. **What support or alternative step would make this choice safer?**

EDUCATIONAL SOURCES

Gibson, L. C. (2022). Boundary Setting Strategies: How Your Clients Can Reclaim Emotional Autonomy. PESI. | Baxter-Musser, K. (2022). Safely Leaving the Abusive Relationship: Do's and Don'ts for Therapists. PESI.