



Resilient Boundaries Toolkit

Have you ever felt overwhelmed, overworked, or just plain stressed out? It's a common feeling in today's fast-paced world, but did you know that setting boundaries can help alleviate some of that stress?

Yes, that's right! Boundaries are not just for personal relationships. They're also important in the workplace. And the best part? They're for you, not for other people.

In this toolkit, I'll guide you through the process of creating resilient boundaries in both your personal and professional life. It may sound daunting, but it's actually a simple 2-step process that can make a world of difference.

And trust me, I know how important it is to have effective boundaries. I even have a whole workshop dedicated to it! But don't worry, this toolkit will give you a great foundation to build on.

So, if you're ready to prioritize your own well-being and create a healthier work-life balance or relationship balance, then keep reading.

(And if you're interested in learning more about my coaching and workshops, feel free to shoot me an email at stacy@realliferesilience.com)

Let's get started on this journey to better boundaries together!

The framework consists of the Request and the Consequence...

THE REQUEST

If you: _____
(i.e., Ask someone to stop doing the thing that infringes on your personal limit.)

THE CONSEQUENCE

Then I will: _____
(i.e., The thing you will do if the request isn't complied with)





The request could be asking someone to respect your time, space, or feelings. The other person has the option to choose how they want to respond. This empowers them to make a choice and take ownership of their actions.

(Note: It doesn't guarantee that they will choose the option you'd like them to!)

The best time to create a boundary is when you're calm and before an incident has happened. This way, you can think through what you want and be prepared to follow through on the consequences.

And trust me, following through on those consequences is key!

Your 2-Step Boundary Template

THE REQUEST

If you: _____

THE CONSEQUENCE

Then I will: _____

Examples:

If you cheat on me,
Then I will leave the relationship.

If you ask to borrow money,
Then I will say "no".

If you are more than 10 minutes late,
Then I will leave.

(personal) If you yell at me,
Then I will leave the room.

If you stop by unannounced,
Then I will not answer the door.

(work) If you yell at me,
Then I will leave the room until you can speak calmly. If it continues, I will go to HR to discuss the situation.

If you ask to "pick my brain",
Then I will tell you I only work with paying clients.

If you call me during work hours,
Then I will not answer the phone.

If you drop the grandkids off without calling first, Then I will not be available to watch them.

If you look through my phone,
Then I will change the passcode.





How to Identify Opportunities to Set Boundaries

Check in with your emotions. The emotion of resentment is a good indicator of a possible boundary issue.

C (Circumstance)

T (Thought)

E (Emotion) **resentment / used / anger / burnout**

A (Action)

R (Result)

Ask yourself...

- What is actually happening here?
- What are the facts (circumstance) and what is my story (thoughts)?
- Do I have an “instruction manual” for this person?
- Am I wanting them to behave a certain way in order for me to feel better?
- Is there a personal limit I want to set?
- Why?

Example:

C (Circumstance) **Boss has raised voice at me 3 times this month**

T (Thought) **This isn't fair**

E (Emotion) **Resentment / used / anger / burnout**

A (Action) **Do work with an attitude, badmouth boss, bring anger home and repeat the story to spouse/friends, overwork to try appeasing boss, cower when boss is around, don't speak up and use your voice**

R (Result) **You put yourself in a position that's not fair for your personal well-being**

This situation isn't serving you well. A healthy boundary (set after answering the questions above) would benefit you in this situation more than anything.

For more on understanding and using the model (CTEAR), check out the [**Remarkable Resilience Routine** here.](#)

Setting boundaries is an act of self-care and a crucial step in creating a healthy, fulfilling life. So don't wait any longer, go out there and start setting those boundaries today!

