

Assertive Boundary Setting Workbook

A Clickable, Fillable Workbook

By Carein Counseling

Understanding Boundaries

What boundaries do I currently struggle to set?

Anxiety Triggers

What situations with family create anxiety?

Thought Distortions

What negative thoughts appear when I set boundaries?

Replacing Guilt

What truths replace guilt-based thoughts?

Assertive Statements

Write assertive 'I statements' for real scenarios.

Preparing for Family Interactions

How will I respond assertively next time?

Boundary Scripts

Write a script you can use with your mother or sister.

Emotional Regulation

How do I feel during boundary-setting moments?

Confidence Building

What evidence shows I can set boundaries successfully?

Progress Reflection

What progress have I made so far?