



THE Healthy Boundaries journal

A journal for people wanting to put healthier
boundaries in place



A Journal from
Julia Scott Counselling

© Julia Scott Counselling. All Rights Reserved.

This journal is intended for personal use only. Reproduction or distribution of any kind is strictly prohibited.

The contents of this journal are not intended to provide medical or professional advice. Please consult a qualified professional for personalised guidance.

Unauthorised use, reproduction, or distribution of any part of this journal is strictly prohibited and may result in legal action.

Does any of this sound like you?

- You feel as if you have lost your sense of self because you spend so much time thinking about what others want from you or what you think they expect from you.
- You often find yourself saying yes to things you don't want to do. Even when you are completely exhausted, you say yes when somebody asks you a favour, or offer to help when you haven't been asked.
- You tend to overshare because you desire connection, but it leaves you feeling vulnerable and regretful.
- People tend to walk all over you. They don't take your hints, even really strong ones. It's only when you have an angry outburst that they notice something is wrong, but then you are accused of being over-emotional or too sensitive.
- You often feel exploited, pressurised, controlled or pushed around by others.

This journal will help you to:

- Focus on yourself and your physical and mental well-being
- Become clear about who you are, what you want, and your values and belief systems
- Reconnect with your authentic self and give you the self-esteem and confidence you need to go after what you truly want in life
- Reduce your overall stress and underlying anxiety and anger
- Reclaim your power and independence
- Attract more healthy, empowering and supportive people into your life
- Improve the balance of your relationships
- Recognise and outgrow toxic people and situations
- Gain more time and energy to do the things that matter to you and realise your full potential

How to get the most out of of this journal

It is recommended that you go through the **core questions** of this journal over the course of a weekend. Then pick one of the **10 bonus journal prompts** on each of the following 28 days, and journal for 10-15 minutes.

Regularly review your answers and intentionally set your course of action.



Core Questions

YOU ARE ALLOWED
TO SET BOUNDARIES
AND IT IS NOT
SELFISH TO TAKE
CARE OF YOURSELF
FIRST.

WHEN WAS THE LAST TIME YOU SAID YES, WHEN YOU WANTED TO SAY NO?

- Think of a specific situation. Reflect on what made you say that, and how you felt afterwards.
- If your 90-year old self had witnessed the situation, what would they have said or done differently?
- How would you prefer to handle similar situations in the future?

[illegible]

WHEN WAS THE LAST TIME SOMEONE GOT ANGRY BECAUSE YOU SET A BOUNDARY OR SAID NO?

- How did the situation pan out?
- How did you feel and what did you do?
- Now imagine that someone you care for experienced this situation. What advice would you give them? How do you think they could best handle the situation?

[illegible]

IN WHICH AREAS OF YOUR LIFE DO YOU STRUGGLE MOST WITH
SETTING BOUNDARIES? (WORK, FAMILY, FRIENDS, ROMANTIC
RELATIONSHIPS?)

- When do you find it comparatively easy to set boundaries and say no?
- When do you struggle most with setting boundaries? Why do you think this is? What are you afraid of?
- If you had to think of 3 boundaries you could set in this area, what would they be? How could you set them?

[illegible]

ARE THERE SPECIFIC PEOPLE IN YOUR LIFE WITH WHOM YOU FIND IT PARTICULARLY DIFFICULT TO SET BOUNDARIES?

- If so, write down who it is and think of situations that characterise your relationship with them when it comes to setting boundaries.
- What changes can you make to improve the relationship?
- What boundaries would you like them to respect?
- How can you best communicate your boundaries to them? Think of different options, from having a conversation, to writing a letter, to consulting and getting support from a therapist.

[illegible]



"SETTING BOUNDARIES IS A WAY
OF LOVING YOURSELF. IT'S NOT
ABOUT CONTROLLING OTHERS;
IT'S ABOUT TAKING CARE OF
YOURSELF." - RUMER WILLIS



WHAT AREAS OF YOUR LIFE DO YOU NEED MORE SPACE FOR?

- **Why are they not a priority?**
- **What are other things you prioritise and why do you put these things first?**
- **How can you create more space for these areas?**

This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WHO WOULD YOU BE IF YOU HAD STRONG, HEALTHY BOUNDARIES?

- How would you hold yourself in this world?
- How would you communicate your needs to others?
- What feelings come up when you envision yourself taking a break to respond and then kind but firmly say no?

[illegible]

IF YOU COULDN'T FAIL, WHAT WOULD YOU DO? IF THERE WERE NO LIMITATIONS, WHERE AND WHO WOULD YOU BE IN 5 YEARS FROM NOW?

- What is currently in your way of making this vision a reality?
- Are these things real limitations or are they obstacles and challenges that the most confident, healed version of yourself could overcome?
- What beliefs would you have to let go to make your vision become a reality?
- What priorities would you need to set?
- What help would you need? How can you ask for it?

This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Bonus Prompts

YOU DESERVE TO SET
HEALTHY
BOUNDARIES AND
TO BE TREATED
WELL

10 Bonus Prompts

- How can you become comfortable saying no?
- What stops you from setting boundaries?
- What does clearly communicating your needs look like to you?
- Who is someone who communicates their boundaries clearly? How do they do it?
- What toxic situations do you stay in because you are afraid of hurting someone?
- What toxic people do you allow to create chaos in your life? How does it happen? How can you set a boundary?
- What situations make you feel insecure? How can you mentally prepare for these situations so that you'll find it easier to hold your boundaries?
- How can you make more time throughout the day to listen to and honour your needs?
- Did you allow someone else's mood to influence your mood today? What happened? How can you be more mindful and independent in your feelings and mood tomorrow?
- When do you expect people to understand your needs even if you haven't clearly expressed them? How can you express them better in the future?





"WHEN WE FAIL TO SET
BOUNDARIES AND HOLD PEOPLE
ACCOUNTABLE, WE FEEL USED
AND MISTREATED." - BRENÉ
BROWN



Day 1

[illegible]

Day 2

[illegible]

Day 3

[illegible]

Day 4

[illegible]

Day 5

[illegible]

Day 6

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 7

[illegible]



"YOUR PERSONAL BOUNDARIES
PROTECT THE INNER CORE OF
YOUR IDENTITY AND YOUR RIGHT
TO CHOICES." - GERARD MANLEY
HOPKINS



Day 8

[illegible]

Day 9

[illegible]

Day 10

[illegible]

Day 11

[illegible]

Day 12

[illegible]

Day 13

This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 14

[illegible]



HEALTHY BOUNDARIES ARE NOT
WALLS. THEY ARE THE GATES AND
FENCES THAT ALLOW YOU TO
ENJOY THE BEAUTY OF YOUR
OWN GARDEN - LYDIA HALL



Day 15

[illegible]

Day 16

[illegible]

Day 17

[illegible]

Day 18

[illegible]

Day 19

[illegible]

Day 20

[illegible]

Day 21

[illegible]



"YOU HAVE A RIGHT TO SAY NO
TO ANYTHING THAT MAKES YOU
FEEL UNCOMFORTABLE OR
UNSAFE." - AMY POEHLER



Day 22

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 23

[illegible]

Day 24

[illegible]

Day 25

[illegible]

Day 26

[illegible]

Day 27

[illegible]

Day 28

[illegible]



YOU GET TO CHOOSE THE PEOPLE
YOU LET INTO YOUR LIFE, BUT
YOU ALSO GET TO CHOOSE THE
BEHAVIOURS YOU ACCEPT FROM
THEM - LALAH DELIA





© 2023 Julia Scott Counselling