

BOUNDARY BOOTCAMP

Healthy boundaries. Stronger you. Real progress. ♥



YOUR BOUNDARIES ARE YOUR PROGRESS FORTRESS.



REAL TALK

Boundaries aren't mean—they're lifesavers.

You can't grow, heal, or thrive if you're always tangled in someone else's mess or trying to be "everything to everyone." Boundaries are the muscle that builds your progress fortress.

What does "boundaries" mean to you right now?

WHY THIS IS CRITICAL CLINICALLY



- ✓ Codependency, lack of boundaries, and "people-pleasing" patterns are linked with relapse, burnout, and chronic stress.
- ✓ Protecting your time, space, and emotional energy lets your brain reset, rest, and repair.
- ✓ Healthy boundaries improve relationships, reduce resentment, and increase self-worth.



HOW TO SPOT BOUNDARY STRUGGLES

- ☐ You say "yes" when every bone screams "no."
- ☐ You feel resentful, drained, or anxious after helping.
- ☐ You avoid conflict at the cost of your needs.
- ☐ You get pulled into repeated drama or crises.



What's one of these that shows up for you most?

MY STORY: BURNOUT LESSONS IN BRUTAL REALNESS



Years ago, I thought "always being available" was the only way to be a "good" person. Guess what? I burned out hard, snapped at the people I loved, and nearly quit recovery.

Learning to say no—even when it feels like punishment or betrayal—gave me the space I needed to heal. My relationships got stronger. My progress got real.

What part of this story hits home for you?

DARE: SAY "NO" WITH TEETH



YOUR TASK:

- 1 This week, say "no" (or a boundary version: "not right now," "I can't," "Let me think about it") at least once where you'd normally cave.
- 2 Pick a real situation—someone asking something you don't want to give, a plan you can't handle, a mental load that's theirs, not yours.
- 3 Say your no out loud if you can. Text it if that's safer.
- 4 Observe your feelings—guilt, relief, panic? Write it down.
- 5 Note the other person's reaction (if any). Did the world end? Spoiler: Nope.
- 6 Reflect on what boundary you just created.

1. THE SITUATION

Who asked? What were they asking? What did they want from you?

2. MY BOUNDARY RESPONSE

What did you say? How did you deliver it (in person, text, etc.)?

3. HOW I FELT

Before saying it: _____

After saying it: _____

Circle all that apply:

Guilt Relief Fear Anxiety Proud Other: _____

4. THEIR REACTION

What did the other person do or say?

Did the world end?

☐ Yep ☐ Nope

5. MY TAKEAWAY

What did this boundary teach you about yourself, the other person, or your needs?

6. MY NEXT MOVE

What boundary will you keep or strengthen moving forward?



WHY THIS CHANGES THE GAME

- ✓ Setting boundaries reduces chronic stress and builds self-trust.
- ✓ People who freak out or get mad? They were probably used to you being their emotional punching bag or "yes machine." That's THEIR issue, not yours.
- ✓ Every "no" is a "yes" to YOU.

What's one way boundaries support your recovery and growth?



COACHING HEADS-UP & SUPPORT

If setting boundaries triggers heavy guilt or panic, please don't chew on it alone! This is hard.

- ✓ Get coaching to build your scripts and confidence at:

www.progresscounselingprograms.com

- ✓ My inbox is open for real talk and backup anytime.

What's one support you can reach out to if this gets heavy?



RESOURCES FOR BOUNDARY WINS

- "Set Boundaries, Find Peace" by Nedra Glover Tawwab — practical and powerful.
- Articles and posts on recovery-friendly boundaries — see my Substack archive.



WRAP-UP: BOUNDARIES ARE YOUR PROGRESS FOUNDATION

No boundaries = burnout, resentment, and stalled healing. Building boundaries feels scary but is the key to sustainable progress.



YOUR DARE:

Say "no" once this week (your way).

Track the feels, the reaction, and what you learned about YOUR power. ♥



STRUGGLING? OVERWHELMED?

Coaching and DM support are here:

DM me anytime. ♥



PROGRESS IS PROGRESS. Keep coming back smarter. I'm right here with you. ♥