

BOUNDARY REINFORCEMENT TOOL

Protect time, energy, values and connection without unnecessary conflict.



Steel Armor
Mindset
Your mind is the first
line of defense

WHAT A BOUNDARY IS

A boundary is a limit around what you will do, allow, take responsibility for or continue participating in. Boundaries are not demands that control someone else. They clarify your own actions, limits and responsibilities.

Boundaries protect integrity.

They create structure around what matters so stress, work demands or other people's reactions do not make every decision for you.

COMMON AREAS THAT NEED REINFORCEMENT

- Work: overtime, availability, off-duty communication, taking on responsibilities that are not yours.
- Home: decompression time, interruptions, conflict timing, division of responsibilities.
- Emotional: listening without becoming responsible for fixing another person's feelings.
- Physical: privacy, rest, touch, personal space and recovery needs.
- Digital: work messages, group chats, social media and being reachable at all hours.

THE BOUNDARY FORMULA

Keep it clear, specific and focused on what you will do.

1. NAME THE NEED

What needs to change or be protected?

2. STATE THE LIMIT

What are you willing or unwilling to do?

3. STATE YOUR ACTION

What will you do if the limit is crossed?

4. FOLLOW THROUGH

Consistency makes the boundary real.

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Direct does not have to mean harsh.



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BOUNDARY SCRIPTS

Work

"I am not available after I leave today. I will address it when I am back on shift."

Decompression

"I need 20 minutes to reset when I get home. After that, I can be more present."

Conflict

"I want to talk about this, but I am too activated to do it well right now. I will come back to it at ____."

Emotional responsibility

"I care about what you are feeling, but I cannot make this decision for you."

Repeated pressure

"I have already answered. My decision has not changed."

BUILD YOUR OWN

Use this space to turn a recurring stress point into a clear boundary.

What keeps happening?

What do I need to protect?

What is my limit?

What will I do if the limit is crossed?

REMEMBER

- A boundary may disappoint someone and still be appropriate.
- You do not need a long explanation for every limit.
- A boundary without follow-through becomes a request.
- Safety matters. If setting a boundary could increase danger, prioritize a safety plan and outside support.

ACCESS SUPPORT

Confidential counseling is available through LifeWise Counseling.

Serving Texas virtually and in person in select locations.

817 602 8520

lifewise@lifewisetx.com

Immediate support: Call or text 988. Veterans: call 988, then press 1. COPLINE: 1 800 267 5463.