



Divine Solutions for Life, Inc.

Holistic Solutions for Your Mental, Spiritual, and Physical Well-being

www.divinesolutions-forlife.com

ajmcgregor@divinesolutions-forlife.com

770-648-4839

A 501(c)(3) Nonprofit Organization

BOUNDARIES IN COMMUNICATION

A COMPREHENSIVE GUIDE & WORKSHEET

INTRODUCTION

Healthy communication requires boundaries. Boundaries define what is acceptable and what is not, helping us honor our own needs while respecting others. Without boundaries, conversations can lead to resentment, confusion, or even harm. Clear, respectful boundaries create safer, more productive interactions.

WHAT BOUNDARIES IN COMMUNICATION LOOK LIKE

- Saying “no” when needed, without guilt.
- Expressing limits respectfully (“I’m not comfortable discussing that”).
- Listening without taking responsibility for another’s emotions.
- Protecting your time, energy, and values in conversations.

WHY BOUNDARIES MATTER

- Prevent burnout and resentment.
- Reduce misunderstandings.
- Build mutual respect in relationships.
- Encourage responsibility and accountability.
- Allow space for healthier conflict resolution.

SIGNS YOUR BOUNDARIES MAY BE TOO WEAK

- You often say “yes” when you want to say “no.”
- You feel drained or resentful after conversations.
- You allow others to dominate or dismiss your voice.
- You feel responsible for fixing everyone’s problems.

SIGNS OF UNHEALTHY BOUNDARIES (TOO RIGID)

- Refusing to listen or engage at all.
- Shutting down conversations quickly.
- Avoiding vulnerability and closeness.

BIBLICAL PRINCIPLE

“Let your ‘Yes’ be yes, and your ‘No,’ no.” – Matthew 5:37 Boundaries are not selfish; they are an expression of honesty and clarity in love.

BOUNDARIES IN COMMUNICATION WORKSHEET

Instructions: Use this worksheet to reflect on your current boundaries and practice creating healthier ones.

MY CURRENT BOUNDARIES

- In which areas of my life do I struggle to set boundaries (work, family, friendships, church)?

- How do I feel when I don't set a boundary I need?

MY SCRIPT BUILDER

- “When you _____, I feel _____. I will _____.”
- “I value _____, so I need _____.”
- “I respect your perspective, but I am not willing to _____.”

MY CURRENT BOUNDARIES

- Scenario: A friend repeatedly calls late at night when you're trying to rest.

Response: _____

- Scenario: A coworker pressures you to take on tasks outside your role.

Response: _____

- Scenario: A family member makes critical comments about your choices.

Response: _____

REFLECTION QUESTIONS

What fears keep me from setting stronger boundaries?

How do I usually respond when someone crosses a boundary?

Which boundary do I most need to put in place this week?

How can I communicate that boundary in a way that is both firm and respectful?