

Divorce Recovery: Setting Boundaries

Name: _____ Date: _____

“Boundaries are the distance at which I can love you and me simultaneously.”

~Prentis Hemphill

Section 1: What Are Boundaries?

Boundaries are limits that protect your emotional, physical, and mental well-being. They teach others how to treat you—and remind *you* that your needs matter.

Section 2: Where Do I Need a Boundary?

Check any area where you feel drained, resentful, overwhelmed, or disrespected:

- With my ex-spouse
- With my children
- With extended family (in-laws, parents, siblings)
- At work or with coworkers
- With friends
- With dating or romantic partners
- With myself (over giving, over committing)
- With social media or digital devices

 Other: _____

Section 3: Boundary Clarity

Choose one area you checked above and reflect:

- **What is currently happening that doesn't feel okay?**
Example: My ex texts me at all hours expecting an immediate response.


- **What feeling comes up when this happens?**
Resentment? Anxiety? Guilt? Exhaustion?


- **What do I need instead?**
Example: I need set times when I will respond to co-parenting issues.

Section 4: Boundary Script Builder

Use this template to begin crafting your boundary:

“When you _____, I feel _____.
What I need moving forward is _____.”

 Write your boundary script here:


 *Optional practice:* Say it out loud or rehearse with a coach or friend.



Section 5: Enforcing Without Guilt

What are you afraid might happen if you set this boundary?

- They'll get angry
- They'll stop liking me
- I'll feel guilty
- It will hurt their feelings
- They won't respect it anyway
- Other: _____

 *Truth check:* You are not responsible for others' reactions to your healthy limits.

Section 6: Boundary Affirmations

Choose or create a mantra to anchor your boundary:

- "I'm allowed to take up space."
- "It's okay if they're disappointed."
- "I can love someone and still say no."
- "I don't need to explain myself to be valid."
- "My peace matters."

 My affirmation: _____

Section 7: Weekly Boundary Intention

- **One small boundary I will practice this week:** _____

- **How I'll support myself emotionally when I set this boundary:** _____

