Current State of the Boundary

ANALYSIS OF SPECIFIC SITUATIONS

01 **Specific situation:**

Whose space is it? Who is responsible for what?

State of my boundary: ☐ weak ☐ healthy ☐ overly rigid ☐ my overreach

What's happening / what I need to change or assess further:

02 **Specific situation:**

Whose space is it? Who is responsible for what?

State of my boundary: ☐ weak ☐ healthy ☐ overly rigid ☐ my overreach

What's happening / what I need to change or assess further:

03 **Specific situation:**

Whose space is it? Who is responsible for what?

State of my boundary: ☐ weak ☐ healthy ☐ overly rigid ☐ my overreach

What's happening / what I need to change or assess further:

A First Countermeasure

THE CHOSEN SITUATION / ONE STEP

The situation I'm choosing from the previous page:

What exactly I'll do or say differently next time:

How I'll know the countermeasure is working:

PRACTICAL TEST

When I'll try the countermeasure:

REVIEW AFTER SEVERAL TRIES

What effect the countermeasure had in practice:

What I'll keep and what I'll adjust next time: