

Dreamline Boundary Setting Guide

Notice where you feel drained

- I feel anxious or tense around this person or situation
- I say "yes" when I really mean 'no'
- I feel responsible for other people's emotions
- I dread upcoming interactions
- I feel resentment after spending time with someone

Prompt: Where in my life do I feel overextended or undervalued?

Your guide to reclaiming your time, voice, and peace.
Boundaries aren't barriers -
They're bridges to your true self.

Define what's not okay.

- Interruptions during my alone time
- Comments about my appearance or choices
- Being expected to respond immediately
- Taking on extra work without agreement
- Emotional dumping without consent

Prompt: What specific behaviors or situations am I no longer willing to tolerate?

Practice your boundary voice

- I'm not available for that right now
- That doesn't work for me
- I need some time before I respond
- I prefer to talk about something else
- Please don't speak to me that way

Prompt: How can I say this in a way that's both direct and compassionate?

Check in with yourself first

- Do I want this, or do I feel obligated?
- What would I say if I didn't fear disappointing them?
- Am I making the decision from guilt or empowerment?
- Have I given myself time to reflect before answering?

Prompt: What's my truth in this moment, and how can I honor it?

Stay grounded when pushback comes

- Breathe before reacting
- Repeat your boundary claim
- Don't over-explain or apologize
- Remind yourself: "I'm allowed to protect my peace"
- Walk away if the conversation becomes unsafe

Prompt: What support or reminder helps me stay firm in my truth?