



Loving Parent Skill Development

Setting and Maintaining Healthy Self-Care Boundaries

Worksheet

I can do this!!!

BOUNDARY NAME: _____

This boundary involves:

- ☐ A Person
- ☐ A Place
- ☐ A Thing
 - ☐ Substance
 - ☐ Behavior
 - ☐ Thinking

Step #1: Why am I setting this boundary? What is the healthy rationale?

Step #2: Who is responsible for setting/maintaining this boundary?



Step #3: What is the boundary?

Step #4: Setting the boundary.

Step #5: What are the real consequences of ignoring, my NOT HONORING this boundary?

Step #6: Who is responsible for maintaining this boundary?



Step #7: What form might the urge to drop or ignore take?

Step #8: Enroll a “trusted support network” to support me, when needed, to honor this boundary?

Step #9: What is my commitment to self-care if/when the urge arises to ignore?

Step #10: What is my commitment to self-care if I ignore or this boundary collapses?



For me – the ADULT/Loving/Actual Parent, the following mantras will always work, for any reason and in any circumstance:

- “I love myself unconditionally...!”
- “I will never, ever abandon my kids...!”
- “I can take care of myself (and my kids) no matter what circumstance we are in...!”

May theses closing mantras serve you and your Inner Child(ren) to manifest great healing, thriving health and well-being.

Blessings!

Robert N