

# MODULE 2 — SETTING BOUNDARIES

## The Boundary Clarity Statement

### THE FORMULA (One sentence)

"When you [SPECIFIC BEHAVIOR], I feel [YOUR IMPACT]. I will [YOUR CONSEQUENCE]."

### THREE COMPONENTS

#### 1. SPECIFIC BEHAVIOR (Not vague)

- ✓ When you raise your voice and call me names
- ✓ When you roll your eyes while I speak
- ✗ When you are disrespectful

#### 2. YOUR HONEST FEELING (Not judgment)

- ✓ I feel unsafe or I feel disrespected
- ✗ You are abusive or You make me feel worthless

#### 3. YOUR CONSEQUENCE (What you will actually do)

- ✓ I will leave the room immediately
- ✓ I will not attend family events
- ✗ Or else... or empty threats

### QUICK EXAMPLES

#### Example 1 — Name-calling:

When you raise your voice and call me names, I feel unsafe. I will leave the room until you can speak respectfully.

#### Example 2 — Public criticism:

When you criticize me in front of others, I feel humiliated. I will not attend future family events where this happens.

### Example 3 — Stonewalling:

When you refuse to talk for extended periods, I feel rejected. After one hour, I will contact a counselor about next steps.

### Example 4 — Financial control:

When you hide financial information, I feel controlled. I need full transparency in 30 days or I will consult a divorce attorney.

## HOW TO DELIVER

CALM moment (not during conflict)

STEADY tone (calm, serious, not angry)

Say it ONCE, then STOP

Do NOT explain or defend

If they push back: "I have stated my boundary. That is final."

## THEY WILL RESPOND WITH

Response	Your Reply
Get angry	Stay calm: The boundary stands.
Deny it	This is about what I will accept going forward.
Negotiate	The boundary is not negotiable.
Blame you	I own my boundary.

**NONE of this changes the boundary.**

## ENFORCEMENT (Everything depends on this)

Behavior repeats

You calmly say: 'I stated my boundary'

You immediately do the consequence (no negotiating)

**You repeat EVERY TIME without exception**

**After 5-10 times: They change or you know they won't**

## **CRITICAL TRUTH**

**A boundary without enforcement = a wish**

**A boundary you cannot enforce = do not state it**

**A boundary you do not enforce = not a real boundary**

## YOUR BOUNDARY STATEMENT

When you \_\_\_\_\_, I feel \_\_\_\_\_.

I will \_\_\_\_\_.

## VERIFICATION CHECKLIST

**Can you enforce it?**

YES / NO

**Will you enforce it every time?**

YES / NO

If NO to either—revise your consequence.