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HEALTHY BOUNDARIES

Checklist | Worksheet

HEALTHY BOUNDARIES CHECK-IN

RECALL THE LAST TIME YOU ACTED ON A LEAKY BOUNDARY

- When did you say yes this week (or recently) when you wish you'd said no?
- What prevented you from saying no?
- Where did you learn that saying no was unacceptable?
- What do you feel in your body when you think about saying no?
- What do you think would have happened if you'd said no?
- What other ways could you have said no?
- Who do you know who is able to say no?
- Why do you think they are able to do it and not you?
- Do you think they do it naturally or had to work at it?
- What do you/did you gain from saying yes?
- What did you lose by saying yes?
- What aspects of your life might positively change if you learned how to say no?
- What would it cost you to say no instead of yes?

BOUNDARY-SETTING TIPS

- There are many ways to say no

For example:

"Thanks for the invite, but I won't make it this time"

"I'm learning to set better boundaries so I'm going to say no to this one, even though that makes me feel like I'm letting you down. I need to choose myself at this time"

"I feel really awkward saying this, but I really need to focus on my own self care so I'm going to say no, but thanks for the offer"

"I realise this will leave you in a difficult situation but I'm really not able to help you out right now. I trust you'll understand."

"I appreciate the interest, but I don't want to take this any further."

- Setting boundaries is a form of self-care.
- Once you get used to asking for your needs to be met, you'll see how much more other people care for, and respect you, in return.
- Saying yes when you mean no is self-rejection. Rejection of your own needs is based in low self-esteem and an inability to handle feeling your own difficult feelings.
- You are not rocking the boat by asking for your needs to be met, you're being brave!
- Initially, setting healthy boundaries feels unfamiliar and wobbly, but feeling wobbly is not the result of being confrontational. Healthy boundaries will help to stabilise your energy and in time, those wobbles will reduce and fade.
- **You can learn how to set healthy boundaries. It just takes practice.**

WANT MORE SPECIFIC ADVICE?

I get it, a checklist is a great start, but maybe you're dealing with a specific issue such as:

- Asking for a payrise
- Having a challenging conversation with your ex
- Figuring out how to say no to pushy family members
- Asking people to respect your boundaries around certain food choices or your sobriety
- Managing expectations around scope and payment for contract work
- Following up on unpaid invoices
- Saying no to your child without having to wear an immense load of guilt
- Saying no to a parent or in-law
- Slowing things down in the dating process
- General help with understanding what your needs even are

If you'd like to get to the heart of a specific challenge, we can do that in a clear and systematic way through coaching together.

We can **a)** get clear on the need that isn't being met **b)** understand how to language what it is you really want to say, and **c)** learn ways to manage uncomfortable feelings and start speaking your truth with more ease and grace.

If that's of interest, email me at hannah.hempenstall.com.au or [book a session here](#).