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Boundary Scripts & Reflection Worksheet

Northern Therapy Clinic

A companion to the "Boundaries for the Recovering People-Pleaser" webinar by Kaylee McKnight, RP

Part 1 — Notice Your Pattern

Check anything that sounds familiar:

- ☐ I agree to things before I've actually decided how I feel about them
- ☐ I rehearse how to say no and then say yes out of obligation or guilt
- ☐ I feel responsible for other people's feelings
- ☐ I over-explain or apologize when I decline something
- ☐ I notice resentment building in a relationship before I notice what I actually need
- ☐ I've stayed in situations longer than felt right because leaving felt unsafe or impossible

Part 2 — Practice Scripts

Fill in your own version for each scenario. Keep it short... a boundary doesn't need a paragraph of justification. Actually, less is typically more!

Scenario	Your script
Someone asks you to take on extra work with short notice	
A family member asks for money or a favour you're not able to give	
A partner or friend raises their voice at you	
Someone wants an immediate answer and you need time to think	
Someone reacts with anger or guilt-tripping after you say no	



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Part 3 — Boundary Starter Phrases

A few to borrow while you build your own voice:

- "I'm not able to do that."
- "That doesn't work for me."
- "I need to think about it, I'll get back to you."
- "I hear that you're upset. My answer is still no."
- "I can't talk about this right now."

Part 4 — After You Set a Boundary

Notice what comes up, without judging it. This is data, not a verdict on whether you did the right thing. Try asking yourself:

What did I feel in my body right after?

What did I feel an hour later?

Did the discomfort shrink, stay the same, or grow?

What would be helpful to remember next time?

A Note Before You Go

If you're needing more support, that's ok! We are here to help. We would be honoured to walk alongside you on this journey. www.northerntherapyclinic.ca | info@northerntherapyclinic.ca | 705-535-1639