

Weekly Boundary Review

Use at the end of each week. Notice progress, learn from difficult moments, and choose a focused next step.

WINS THIS WEEK

A BOUNDARY I SET AND KEPT WAS...

A TIME I SAID NO AND FELT PROUD WAS...

A SITUATION I LEFT BECAUSE IT WAS NOT SAFE FOR MY RECOVERY WAS...

STRETCHES AND SLIPS

WHERE DID I IGNORE MY OWN LIMITS?

WHERE DID GUILT OR FEAR SPEAK LOUDER THAN MY RECOVERY GOALS?

WHAT COULD I HANDLE DIFFERENTLY NEXT TIME?

MY PLAN FOR NEXT WEEK

BOUNDARY 1

BOUNDARY 2

BOUNDARY 3

Progress, not perfection. Boundaries are skills you learn with practice.