

Boundary Misalignment Worksheet

Re-aligning Your Yes, No, and Emotional Capacity

SECTION 1 — The Situation

What situation, request, or relationship feels off right now?

SECTION 2 — What Did I Say or Do?

What did you agree to, tolerate, or take on?

SECTION 3 — What Did My Body Say?

Check in *before* analyzing.

Circle or note what applies:

- Tight chest
- Heavy stomach
- Shallow breath
- Fatigue
- Irritation
- Numbness

- Other: _____

What was your body signaling?

SECTION 4 — What Was the Real Need?

Underneath the action, what were you trying to protect or preserve?

Examples:

- Avoid conflict
- Keep peace
- Not disappoint
- Feel needed
- Maintain connection
- Avoid guilt or rejection

My underlying need was:

SECTION 5 — Where Is the Misalignment?

Complete the sentence:

“I said **YES** when my body wanted to say _____.”

Why?

SECTION 6 — What Would Alignment Look Like?

If you honored both **your nervous system and your values**, what would change?

Aligned response (even if it feels hard):

SECTION 7 — Boundary Re-Write (Optional Script)

Write a version of a boundary that feels:

- ✓ Honest
- ✓ Calm
- ✓ Respectful
- ✓ Sustainable

Example starters:

- “I’m not available for that right now.”
- “I need more space before I decide.”
- “That doesn’t work for me.”
- “I can do X, but not Y.”

My boundary:

SECTION 8 — Aftercare Check-In

How can you support yourself **after** setting or recognizing this boundary?

- Rest
 - Movement
 - Journaling
 - Reassurance
 - Connection with a safe person
 - Other: _____
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Closing Reflection

Boundary alignment is not about being rigid.
It's about being **honest with your capacity**.

Each aligned boundary teaches your nervous system:

“I am safe to honor myself.”