

PROTECT YOUR PEACE

CREATE HEALTHY BOUNDARIES CHECKLIST

Creating Healthy, Biblical Boundaries Without Feeling Guilty

Use this checklist to recognize where a boundary is needed, identify your boundary patterns, define the type of boundary involved, communicate it clearly, and decide how you will respond if it is not respected.

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1. Start Here: What Is a Healthy Boundary?

Boundaries are the limits and rules we set for ourselves in relationships. They define what is acceptable and healthy for us and help clarify where our responsibility ends and another person's responsibility begins.

Scripture Reflection: Proverbs 4:23 • Galatians 6:2–5

Guard your heart while distinguishing between caring for another person and carrying what belongs to them.

Beliefs that can make boundaries difficult

- ☐ I sometimes believe boundaries are selfish.
- ☐ I believe loving people means I should always say yes.
- ☐ If someone is upset with me, I assume I have done something wrong.
- ☐ I confuse being a good Christian with having no limits.
- ☐ I feel guilty when I protect my time, energy, or emotional well-being.

Healthier reframe

- ☐ Boundaries are not walls or punishment.
- ☐ Boundaries are not about controlling another person.
- ☐ Boundaries clarify what I am responsible for and what I am not.
- ☐ Healthy boundaries allow both connection and appropriate limits.

2. Identify Your Limits & Core Values

- ☐ I reflect on my comfort level in different situations.
- ☐ I notice whether I feel calm, anxious, irritated, pressured, or uncomfortable.
- ☐ I can identify what I need to feel safe, respected, and fulfilled.
- ☐ I know my core values and what I am unwilling to compromise.

What do I need to feel safe, respected, and fulfilled?

My core values include:

3. Recognize Your Triggers

- ☐ I notice situations, behaviors, or individuals that cause discomfort.
- ☐ I pay attention to physical responses when I feel stressed or a limit is crossed.
- ☐ I pay attention to emotional responses such as resentment, anxiety, irritation, guilt, or feeling drained.
- ☐ I look for recurring patterns in past boundary violations.

Triggers or recurring situations I notice:

4. Identify Your Boundary Style

Most people have a mix of boundary styles. Your boundaries may look different at work, with family, and in close relationships.

RIGID	POROUS	HEALTHY
☐ I avoid intimacy or keep others at a distance.	☐ I overshare personal information.	☐ I value my own opinions and values.
☐ I rarely ask for help.	☐ I have difficulty saying no.	☐ I share appropriately rather than over- or under-sharing.
☐ I am very protective of personal information.	☐ I become overinvolved in others' problems.	☐ I know and communicate my wants and needs.
☐ I may withdraw to avoid rejection.	☐ I depend heavily on others' opinions.	☐ I can say no and accept another person's no.
	☐ I may accept disrespect because I fear rejection.	☐ I can stay connected without abandoning myself.

Where do I notice rigid boundaries?

Where do I notice porous boundaries?

Where are my boundaries already healthy?

5. Types of Boundaries to Consider

Check the areas where you may need to establish, strengthen, or clarify a boundary.

Physical Boundaries

- ☐ I am clear about my comfort level with touch and personal space.
- ☐ I can speak up when physical contact or proximity feels uncomfortable.
- ☐ I recognize when someone disregards my physical preferences.
- ☐ I can say: "I'm not comfortable with unsolicited physical contact."

Scripture Reflection: 1 Corinthians 6:19–20 • Ecclesiastes 3:5

Intellectual / Mental Boundaries

- ☐ I feel free to have my own thoughts, ideas, opinions, and convictions.
- ☐ I notice when someone dismisses, belittles, pressures, or manipulates my thinking.
- ☐ I protect my mind from unhealthy influence.
- ☐ I give myself permission to take time alone when I need to recharge.

Scripture Reflection: Romans 12:2 • Philipians 4:8

Emotional Boundaries

- ☐ I notice when I feel criticized, belittled, invalidated, or emotionally drained.
- ☐ I share personal information at a level appropriate to the relationship.
- ☐ I can care about someone without taking responsibility for their feelings or problems.
- ☐ I can say: “I will not tolerate insults or belittling comments.”

Scripture Reflection: Galatians 6:2–5 • Proverbs 25:17

Sexual Boundaries

- ☐ I recognize that sexual boundaries include emotional, intellectual, and physical aspects of sexuality.
- ☐ I expect mutual understanding and respect for limits and desires.
- ☐ I recognize unwanted sexual touch, pressure, leering, or sexual comments as boundary violations.

Scripture Reflection: 1 Corinthians 6:19–20

Material / Financial Boundaries

- ☐ I decide what money, possessions, or resources I am willing to share.
- ☐ I can say no when pressured to lend, give, or financially rescue someone.
- ☐ I expect others to respect my belongings and financial decisions.

Scripture Reflection: Proverbs 22:7 • 2 Corinthians 9:7

Time & Energy Boundaries

- ☐ I make room for work, relationships, responsibilities, rest, and priorities.
- ☐ I can decline commitments when I do not have the time or capacity.
- ☐ I notice when someone repeatedly demands more of my time than I am willing or able to give.
- ☐ I can say: “I cannot commit to this task right now.”

Scripture Reflection: Ephesians 5:15–16 • Psalm 90:12

6. Use the BOUND Framework

Work through one relationship or situation where you believe a boundary is needed.

B — Become Aware

- ☐ I feel resentful.
- ☐ I feel anxious or tense.
- ☐ I feel emotionally drained.
- ☐ I feel taken advantage of.
- ☐ I notice a physical or emotional reaction when my limits are pushed.

What am I feeling, and what might that feeling be revealing?

O — Observe the Violation

- ☐ My time is ignored or treated as always available.
- ☐ Immediate responses are expected from me.
- ☐ I am criticized, belittled, or invalidated.
- ☐ Guilt is used to manipulate my decision.
- ☐ I am expected to fix another person's problems.
- ☐ The same behavior continues after I have expressed discomfort.

Name the repeated behavior - not the person:

U — Understand Your Responsibility

- ☐ I can identify what is mine to own: my choices, responses, time, values, and actions.
- ☐ I can identify what belongs to the other person: their feelings, reactions, choices, behavior, and obedience.
- ☐ I am willing to let another person experience their own feelings without rushing to fix them.

Scripture Reflection: Galatians 6:2-5

What is mine to own?

What belongs to them?

N — Name the Boundary

- ☐ My boundary is clear and specific.
- ☐ I am using calm, direct language.
- ☐ I am stating what I will do rather than trying to control what the other person must do.
- ☐ I am willing to say a clear yes or no.

Scripture Reflection: Matthew 5:37 • Proverbs 15:1

Complete: "Going forward, I will / will not..."

D — Decide the Consequence

- ☐ I have decided what I will do if the boundary is ignored.
- ☐ The consequence is reasonable and connected to protecting the boundary.
- ☐ The consequence is not punishment, retaliation, or an attempt to control.
- ☐ I am prepared to follow through consistently.
 - ☐ Possible action: End the conversation or phone call.
 - ☐ Possible action: Leave the room or situation.
 - ☐ Possible action: Delay a visit or response.
 - ☐ Possible action: Decline an invitation or request.
 - ☐ Possible action: Limit interaction when repeated violations continue.

Scripture Reflection: Titus 3:10 • 2 Thessalonians 3:13–15

7. Communicate, Enforce & Respect Boundaries

Communicating my boundary

- ☐ I am clear, direct, and specific.
- ☐ I use a calm and respectful tone.
- ☐ I explain why the boundary matters when an explanation is helpful.
- ☐ I am not overexplaining because I feel guilty.
- ☐ I can say no without attacking, blaming, or shaming.
- ☐ I understand that another person's disappointment does not automatically mean my boundary is wrong.

Enforcing my boundary

- ☐ I stay consistent in upholding the boundary I communicated.
- ☐ I use a predetermined, reasonable consequence if the boundary is crossed.
- ☐ I avoid aggressive, retaliatory, or accusatory language.
- ☐ I am prepared to follow through when repeated violations continue.

Respecting someone else's boundary

- ☐ I pay attention to verbal and non-verbal cues.
- ☐ I can accept another person's no without pressure or argument.
- ☐ I do not assume access to another person's time, emotions, body, money, or possessions.
- ☐ If I cross a boundary, I can acknowledge it and apologize sincerely.

Scripture Reflection: Luke 6:31 • Romans 14:13

8. Practice Self-Care & Build Support

- ☐ I engage in healthy activities that help me relax and recharge.
- ☐ I use healthy stress-management practices such as prayer, deep breathing, reflection, or journaling.
- ☐ I build a support system of trusted friends, family members, counselors, or other safe people.
- ☐ I make room for rest rather than waiting until I am completely depleted.

Scripture Reflection: Matthew 11:28–30 • 1 Corinthians 6:19–20

God invites the weary to rest. Caring for yourself can be part of wise stewardship.

People or practices that help me feel supported and grounded:

9. Be Patient, Reflect & Adjust

- ☐ I recognize that developing and maintaining boundaries takes time.
- ☐ I give myself grace when I experience setbacks.
- ☐ I celebrate small victories and signs of growth.
- ☐ I expect that some people may resist new boundaries.
- ☐ I regularly evaluate whether my boundaries still align with my needs and values.
- ☐ I am willing to make changes as relationships and situations evolve.
- ☐ I look for recurring patterns or behaviors that I need to address.

Scripture Reflection: Galatians 6:9 • Psalm 37:7 • Proverbs 4:26–27 • Lamentations 3:40

What would I change to make this situation healthier?

What boundary could I establish or adjust?

10. My Boundary Diagnostic

Relationship or situation I am thinking about:

- ☐ Where do I feel drained, resentful, anxious, pressured, or uncomfortable?

- ☐ What boundary type is involved? (physical, intellectual/mental, emotional, sexual, material/financial, time/energy)

- ☐ Is my current response more rigid, porous, or healthy?

- ☐ What specific behavior keeps happening?

☐ What boundary is missing or needs to be strengthened?

☐ What boundary needs to be communicated?

☐ If it is not respected, what is one reasonable consequence I can follow through on?

11. Reflection: When Boundaries Feel Hard

- ☐ I feel guilty and wonder if I am being selfish.
- ☐ I fear the other person will become angry, disappointed, or reject me.
- ☐ I recognize an old pattern of people-pleasing, rescuing, withdrawing, or overfunctioning.
- ☐ I confuse love with having no limits.
- ☐ I know what I need to do, but following through feels difficult.

Scripture Reflection: Isaiah 41:10 • Psalm 16:8 • Isaiah 26:3

Trusting God can help you remain grounded when guilt, fear, or resistance shows up.

What fear or belief makes this boundary difficult for me?

What truth do I need to remember?

12. Trust God in the Process

- ☐ I ask God for strength when I feel afraid to set or maintain a boundary.
- ☐ I remind myself that another person's reaction does not determine whether my boundary is healthy.
- ☐ I seek God's peace when guilt or fear makes me question a needed boundary.
- ☐ I keep my focus on the Lord as I practice new and healthier patterns.
- ☐ I will practice compassion toward myself as I learn and grow.
- ☐ I will seek support from a trusted person when I need help maintaining a boundary.
- ☐ I will acknowledge and celebrate progress when I set or enforce a healthy boundary.

Which Scripture resonated most with me?

Where do I feel called to establish or reinforce a boundary?

How can trusting God help me maintain this boundary?

13. My Protect Your Peace Action Plan

- ☐ I identified one relationship or situation where a boundary is needed.
- ☐ I identified the type of boundary involved.
- ☐ I identified whether I tend to become rigid, porous, or healthy in this relationship.
- ☐ I named the repeated behavior that is creating the problem.
- ☐ I separated what is mine to own from what belongs to the other person.
- ☐ I wrote a clear boundary statement.
- ☐ I decided on a reasonable consequence if the boundary is ignored.
- ☐ I identified one action I will take this week.
- ☐ I identified someone safe I can ask for support or accountability.
- ☐ I will give myself grace as I practice a new, healthier pattern.

My boundary statement:

If the boundary is ignored, I will:

This week I will:

Scripture Reflection: Galatians 6:9 • Proverbs 4:26–27 • Lamentations 3:40

Need Support?

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