Reinforcing Boundaries

Activity – Anchor Phrase Bank

✏️ **Objective:**

Develop a set of go-to phrases to make boundary-setting easier and more automatic.

Instructions:

1. **Create 5 Anchor Phrases:**
   - Write **five empowering phrases** that reflect your boundaries.
   - Keep them short, clear, and respectful.
2. **Make Them Visible:**
   - Post the phrases somewhere you'll see them often – your phone, mirror, or journal.
3. **Use in Real Situations:**
   - The next time someone asks for something that oversteps your limits, recall one of your anchor phrases.

Example Anchor Phrases:

- "I don't take on extra work during weekends."
- "I can't commit to that right now."
- "I appreciate the offer, but I need to decline."

Anchor Phrase	Situation to Use It In	Reflection (How Did It Help?)

Reflection Questions:

- **Which phrases feel most natural for you?**
- **Did using an anchor phrase help reduce guilt or discomfort?**
- **Where can you apply these phrases more frequently?**

🎯 Goal:

By developing a phrase bank, you'll feel prepared to set boundaries without over-explaining or feeling guilt.