Recognizing the Downsides

Activity – Boundary Red Flags

🔍 **Objective:**

Recognize when your boundaries are being crossed and identify areas where you feel overextended or drained.

Instructions:

Step 1:

- List **three situations** where you felt resentful, overextended, or emotionally drained.

Step 2:

- Next to each situation, answer the following:
  1. **Why did you agree to it?** (e.g., fear of disappointing others, obligation)
  2. **What would you like to do differently next time?**

Step 3:

- Reflect and write down **one insight** you learned about your boundaries through this process.

Example Entry:

Situation: Agreed to babysit for a friend even though I was exhausted.

- **Why I Agreed:** I didn't want to seem selfish.
- **What I'd Do Differently:** Set clearer expectations and explain I need rest.
- **Insight:** I often prioritize others' comfort over my well-being.

Situation	Why Did You Agree?	What Would You Do Differently?	Insight About Your Boundaries

Reflection Questions:

- **Was there a common reason behind why you said yes in these situations?**
- **How did each situation impact your emotional and physical well-being?**
- **What can you do to strengthen your boundaries moving forward?**

🎯 Goal:

By the end of this activity, you'll start recognizing red flags in situations where boundary-setting is most needed. This builds awareness of patterns that lead to burnout or resentment.