

CARE Outreach

Boundaries Starter Pack

Worksheets + conversation scripts for women & couples.

What Are Boundaries?

Boundaries are the expectations and limits that protect your time, energy, values, and relationships. They teach others how to treat you—and help you show up with integrity.

Types of Boundaries

- **Time:** schedules, availability, response windows
- **Emotional:** what topics are safe; how conflict is handled
- **Physical:** space, touch, privacy
- **Digital:** social media, devices, passwords, location sharing

Conversation Scripts

- “I’m not available for that, but I can offer X.”
- “I need to pause this conversation and come back at *time*.”
- “I can’t discuss this when voices are raised. Let’s regroup later.”

Practice Worksheet

Area	My Boundary	Supportive Action
Time	No work calls after 7pm	Use Do Not Disturb; auto-reply set
Emotional	No name-calling during conflict	Timeout word & reconvene plan
Physical	Ask before hugging	Model asking consent
Digital	No device sharing without asking	Set PINs; talk about privacy

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