



The Boundary Workbook

Learn to Say “No” So You Can Be Less Pissed

CREATED BY

Mindi Kessler PhD

Learning to set boundaries is one of the most important things you can do to have inner peace. Your ability to set boundaries reflects your confidence, self-love, and your courage. When you learn to set boundaries, you take back your power and operate from your mature adult self rather than from the fears of your inner child.

If you were not able to fully express yourself as a child, then you learned that it was not safe to be yourself. If your parents were harsh, or unavailable, then you had to be more caution when making requests. You may have had to become a pleaser to avoid the rejection that came if your parents were unhappy with you. You may also have become hyper-independent because you couldn't count on anyone growing up.

Not setting the boundaries we need in our adult life puts us at risk of exploitation. When we don't stay true to ourselves in relationships because we are afraid of being disliked or perceived as selfish or unkind, we are not authentic. This makes us codependent, or reliant on others for our self-worth.

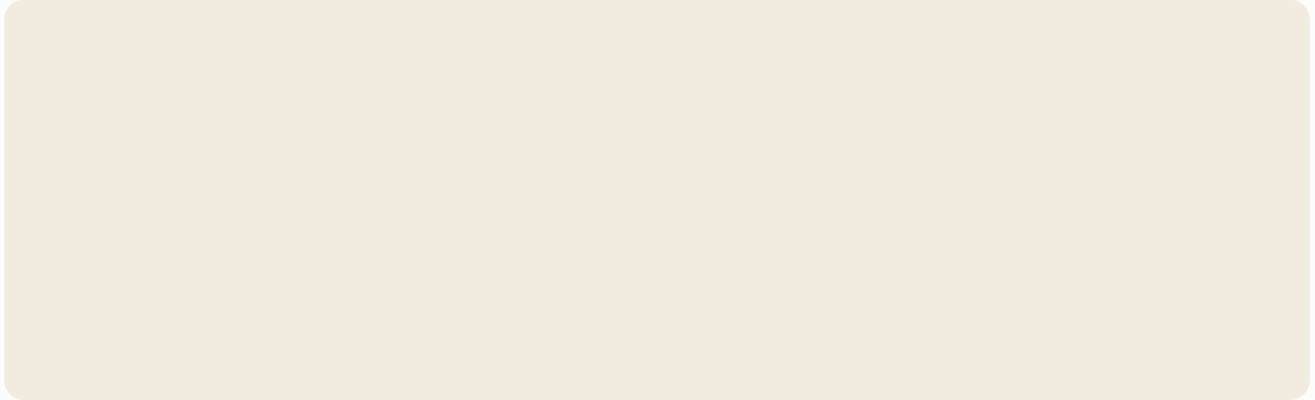
This workbook is meant to assist you in exploring your relationship with boundary setting. Please be kind and compassionate with yourself, which is always important no matter what personal growth work you are doing.



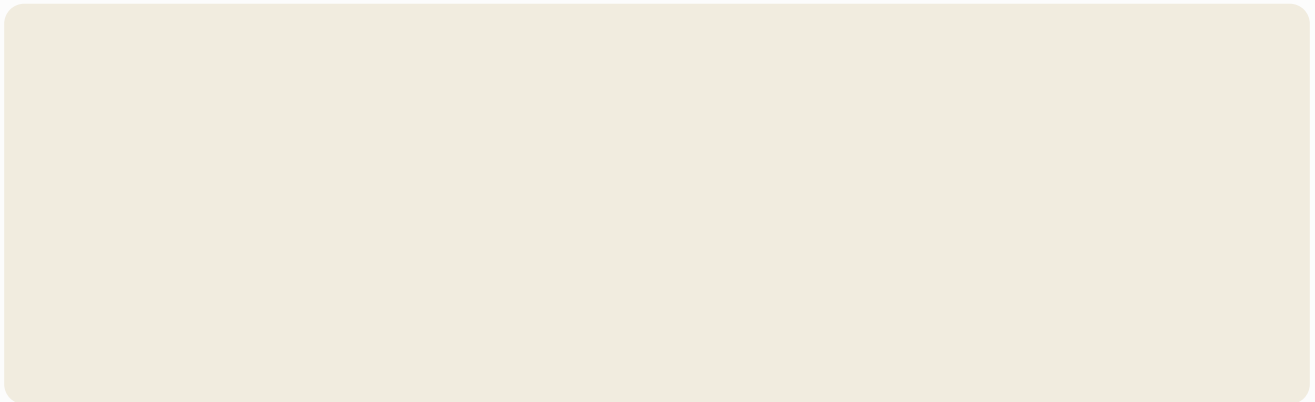
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Please consider the following journal prompts:

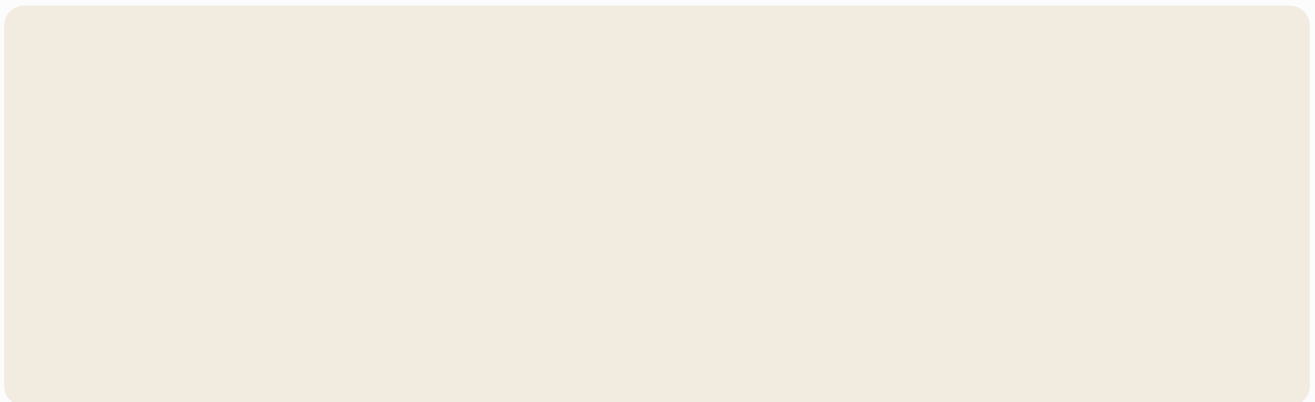
Who do you most have a hard time setting boundaries with?



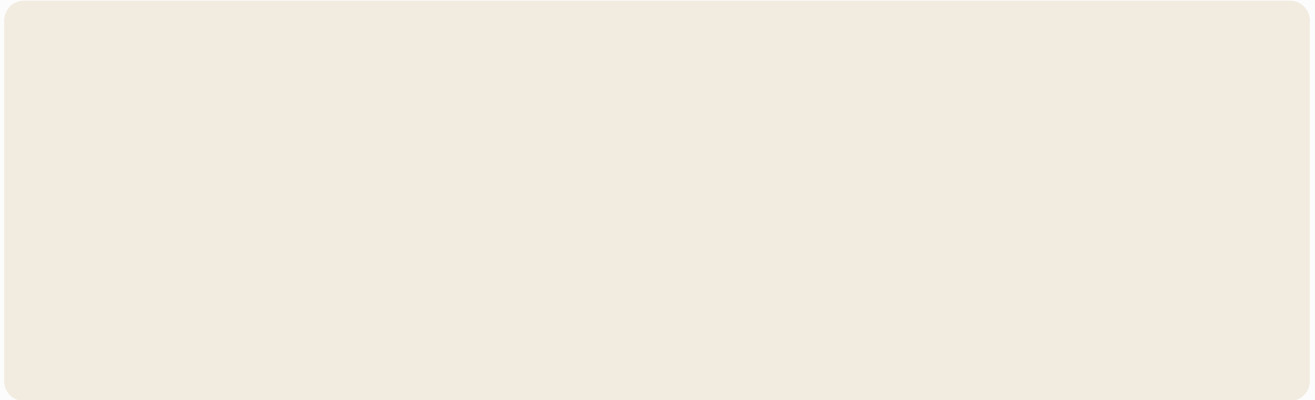
What are you afraid will happen if you set a boundary?



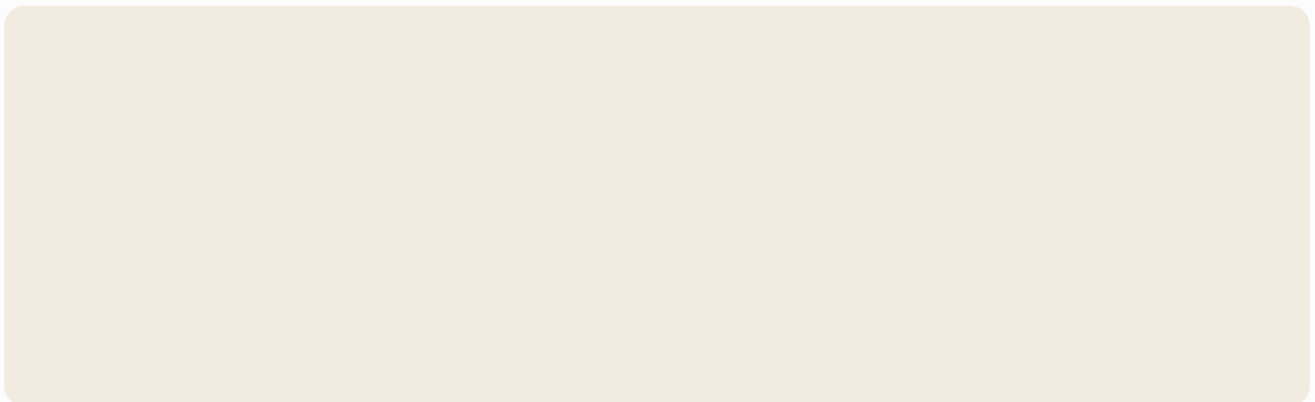
How do you behave/think/feel because of your fears of setting boundaries?



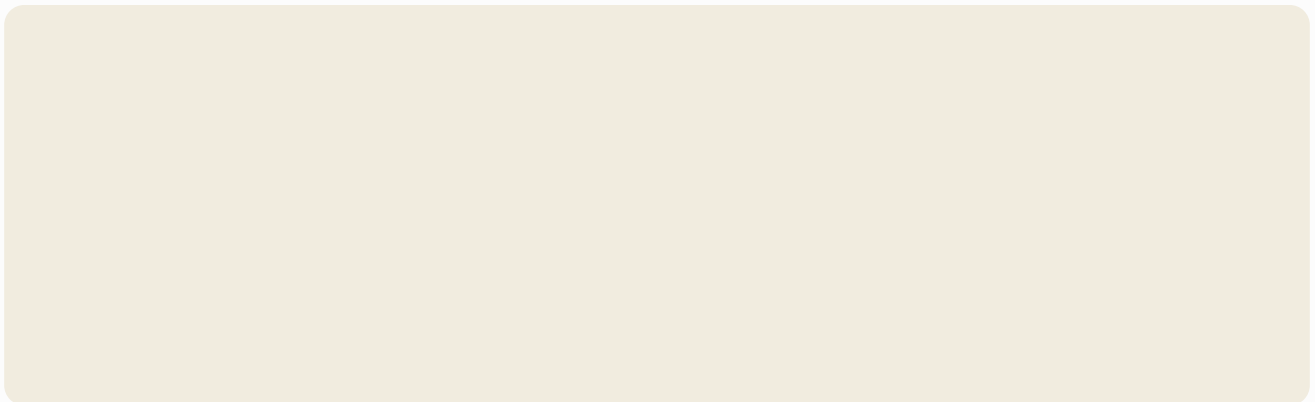
How did your parents set boundaries with you and other people?
What was modeled?



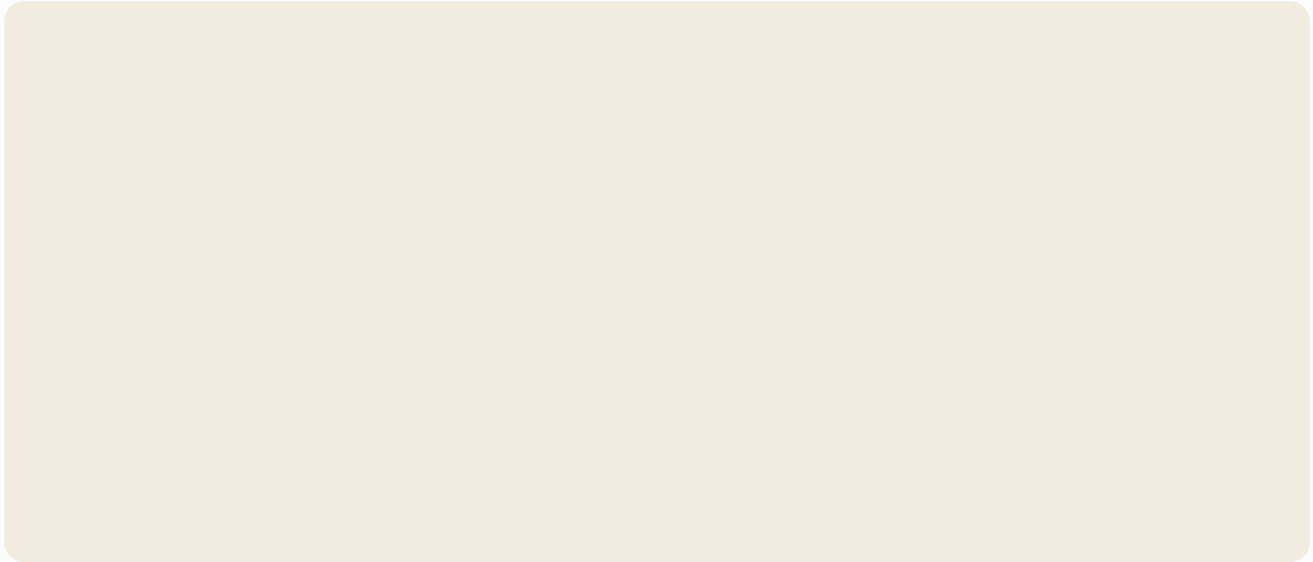
Were you allowed to say no? What happened if you set a boundary in childhood?



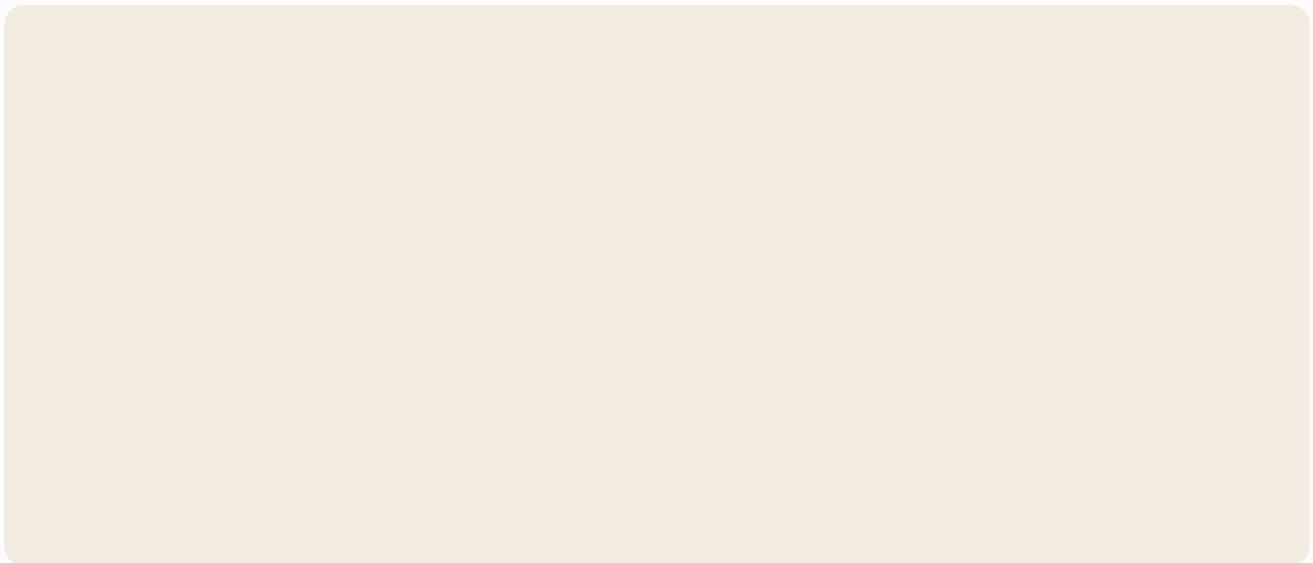
What did your parents do when they were upset with you? Silent treatment? Passive aggressive? Punishment? Judgment?



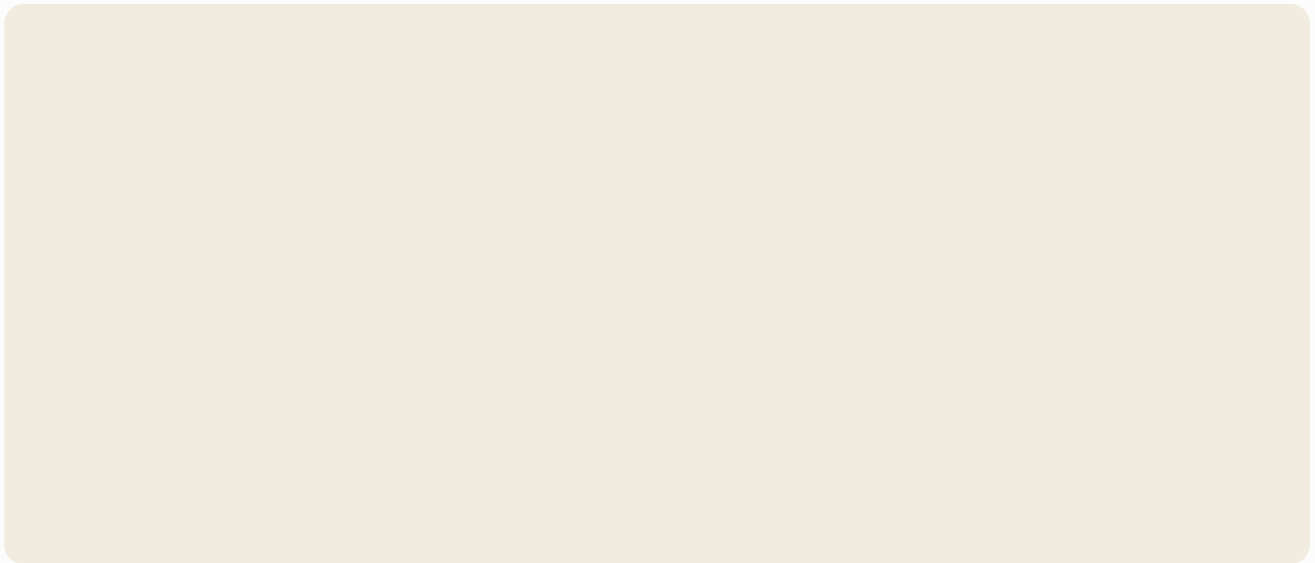
How did it feel when your parents were upset with you?



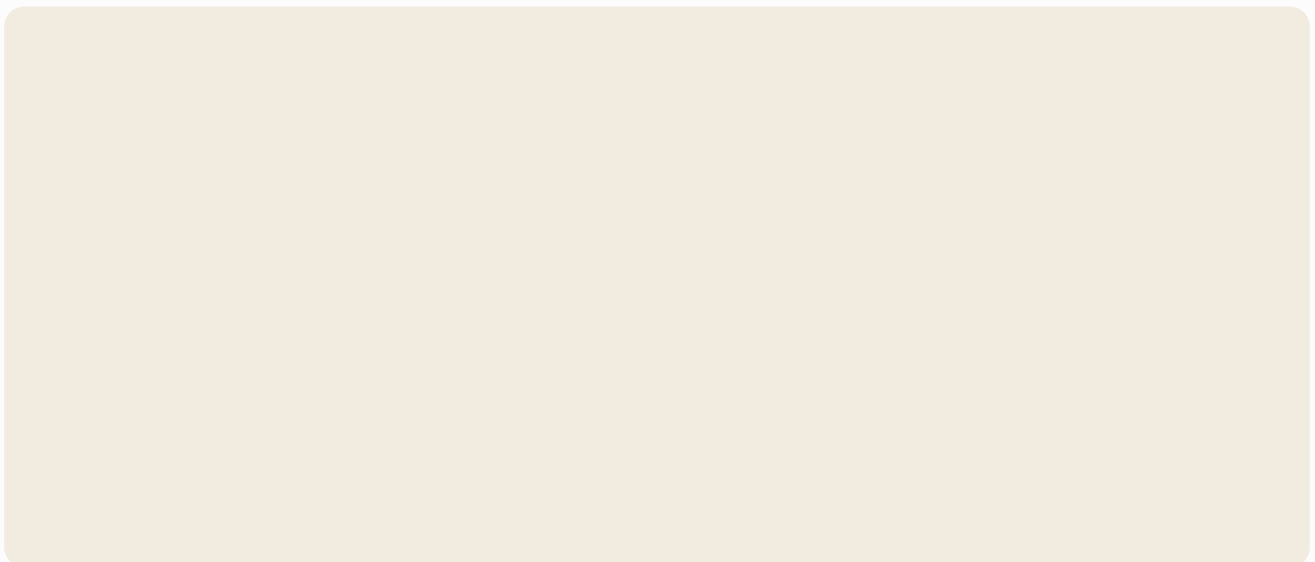
How did you respond to your parents' dissatisfaction with asking for your needs to be met? Did you avoid asking them for anything? Did you become over-accommodating to please them? Did you become hyper self-reliant?



Summarize your new understanding about why boundary setting is hard for you, based on what you experienced growing up.



How do you feel about setting boundaries now?



Hopefully through your journaling, you were able to understand that your experiences from childhood created a program, or a pattern for you about how to handle your boundaries. Your subconscious mind and inner child have been responsible for your fears around setting boundaries.

Please know that you can heal your inner child and reprogram your subconscious mind so that you can overcome your limitations regarding boundary setting or anything else.

I know it can be scary to begin to assert yourself if this is something you have been avoiding. Other people in your life are used to getting what they want from you and they may not respond the way you want them too. That's okay. As you gain more confidence, it gets easier to say no to what you don't want and yes to what you do want.

For encouragement, here are some reasons to put yourself first:

- Setting boundaries aligns you with your authentic self.
- Boundaries are necessary for healthy relationships.
- You get more of what you want when you set boundaries.
- You have more peace in your life.
- You become proud of yourself for your courage.
- Other people will respect you more.
- You will weed people out of your life who are bringing you down.
- You will have better physical health.

Here are some steps to take when you are ready:

1. Decide what is ok with you and what is not ok with you.
2. Consider why this boundary is important to you.
3. Get clear on your underlying fears/limiting beliefs.
4. Give compassion to your inner child.
5. Set your intention for the outcome you desire.
6. Address the boundary breach with love and firmness.
7. Follow through.

If you would like more support on your boundary setting journey, I offer a variety of services that can support you in your growth.

My self-paced, online courses are designed to guide you from feeling stuck and unhappy to finding more **peace, self-acceptance, and abundance** in your life.

The Body Solidarity Course

This 6-module course is for you if you are ready to stop hating your body. If you are tired of judging yourself for your pain, illness, weight, height, and other complaints about your physical appearance, help is on the way! The **Body Solidarity Course** is a self-study course that will lovingly guide you to a new relationship with your body. Each module comes with a teaching via video and workbook.

Module 1: How do you really feel about your body?

Module 2: Your body issues are perfect for you – part 1.

Module 3: Your body issues are perfect for you – part 2.

Module 4: Your issues with your body are a metaphor.

Module 5: Appreciate your body, it's the only one you've got.

Module 6: Use your imagination.

Price: \$300

Find it here: <https://www.mindikessler.com/body-solidarity-self-study>

****Live course begins in January. <https://www.mindikessler.com/body-solidarity-in-person> ****

21-Day Body Solidarity Challenge

Every day for 21 days, you will receive an e-mail in your inbox, where I share wisdom and information regarding my unique perspective to body transformation. By committing yourself to 15-minutes a day to read the lesson and respond to the valuable journal prompts, you will be learning, reflecting, and growing. By persistently engaging in the process to transform your relationship with your body over the course of 21 days, you are jump-starting or accelerating your healing journey with your body. Habit change requires persistence.

Price: \$39

Find it here: <https://www.mindikessler.com/challenges>

Alchemize Your Life Course

Are you ready to transform your life? This 4-month on-line program can assist you to understand why you are stuck, and offers clear, simple strategies for transcending your pain and creating a vibrant and fun life. Each module comes with multiple videos and a workbook.

Module 1: Understand: Why You Are Stuck

Module 2: Respond: Learn to Master Your Emotions

Module 3: Let Go: Let in the Flow

Module 4: Expand: Make Life Even Better

Price: \$500

Find it here: <https://www.mindikessler.com/alchemize-your-life>



Heal Your Inner Child Course

This course provides a simple way to help you strengthen your relationship with your inner child. I guide you through the process of letter writing, play, and meditation, so you can befriend this vulnerable part of you and meet her needs for healing.

Module 1: Meet Your Inner Child

Module 2: Meet Your Inner Child's Unmet Need for Love

Module 3: Meet Your Inner Child's Unmet Developmental Needs

Module 4: Milestone Re-Do

Price: \$300

Find it here: <https://www.mindikessler.com/heal-your-inner-child>

For more information about these courses, go to my website at mindikessler.com or e-mail me at mindy@mindikessler.com

