

Boundary Myth Reflection Worksheet

Instructions: Review each boundary myth. Use the blank space to rewrite the myth, reflect on where it shows up in your life, or write an empowering alternative belief.

Productivity & Worth

Reframe

If I rest, I'll fall behind.	
I have to earn my rest.	
If I'm not productive, I'm not valuable.	
I should be able to do it all.	

Service & People-Pleasing

Reframe

Saying no is selfish.	
If I don't do it, who will?	
They're counting on me.	
I don't want to let anyone down.	

Professional Expectations

Reframe

A good leader is always available.	
Saying no makes me look difficult.	
Boundaries mean I'm not a team player.	
If I say no, they'll stop trusting me.	



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Internal Guilt & Fear

Reframe

They'll think I don't care.	
I don't want to seem rude.	
They'll be mad at me.	
I don't want to make things awkward.	

Pattern Traps

Reframe

I said yes before, so I have to again.	
It's just easier to do it myself.	
I'll set boundaries later when things calm down.	
It's not worth the pushback.	

Identity & Self-Worth

Reframe

Being needed makes me valuable.	
If I'm not helpful, who am I?	
I don't have the right to say no.	
They won't like the real me if I set limits.	

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