

3-STEP EXERCISE

Emotional Boundary Setting & Prompt Writing Page

1. Awareness

Throughout your day pay attention to changes in your energy level after interactions (phone call, text, email, in-person) and briefly jot down what you felt (in a notebook or a note app on your phone)

2. Decisions

After a few days identify any emerging patterns that cause you an 'energy drain'. Journal using the prompt;

"How do I want to handle this Energy Drain I've noticed?"

3. Action

Take the most subtle action on your list, that you are certain will not awaken your guilt

Do's



- Start with easy and simple actions
- Take breaks between cycles of the practice
- Raise the level of difficulty of actions (within your comfort zone) as you progress

Dont's



- Don't attempt to take all 3 steps within one day
- Don't begin with your most challenging relationship dynamic



