

Boundary Builder

Refill by Go-Crypto — Week 7: Gentle Boundaries

This guided worksheet is designed to help you slow down, reduce overwhelm, and set one healthy boundary this week.

Pause & Reset (2 Minutes)

Take a slow breath in for 4 seconds... hold for 4 seconds... and exhale for 6 seconds. Repeat this 3 times before continuing.

What situation is currently causing me stress?

Where do I feel overwhelmed or stretched too thin?

What is one boundary I can set this week?

Implement Your Boundary

How will I communicate this boundary?

When will I start?

What might make this difficult, and how will I handle it?

How will this boundary help me?

Reminder: Setting boundaries is not selfish. It is a step toward clarity, strength, and recovery.

Refill by Go-Crypto | Educating. Analyzing. Protecting Digital Assets. | www.go-crypto.org