

# ◆ Establishing Healthy Boundaries and Healthy Consequences

## ◆ Time Boundaries

### 1. Work Hours

- **Boundary:** “I don’t answer work emails after 7 PM.”
- **Healthy Consequence:** “If an email comes in after hours, I’ll respond the next business day.”
- **Unhealthy Consequence:** “If you email me after hours, I’ll ignore you completely.”

### 2. Personal Projects

- **Boundary:** “I dedicate Saturday mornings to my personal growth and hobbies.”
- **Healthy Consequence:** “If someone asks me to meet during that time, I’ll politely decline and offer an alternate time.”
- **Unhealthy Consequence:** “I’ll get angry or cut people off if they ask me for anything on Saturdays.”

### 3. Boundary: “I log off from social media by 9 PM.”

- **Healthy Consequence:** “If I’m tempted to scroll past that time, I’ll set my phone in another room and read or rest instead.”
- **Unhealthy Consequence:** “If I catch myself scrolling late, I’ll shame myself and delete all my apps in frustration.”

## ◆ Energy Boundaries

### 4. Emotional Availability

- **Boundary:** “I don’t have the capacity to take on other people’s problems late at night.”
- **Healthy Consequence:** “If you call after 8 PM to vent, I’ll let it go to voicemail and check in with you tomorrow.”
- **Unhealthy Consequence:** “If you call me late, I’ll blow up at you for being inconsiderate.”

## 5. Saying No at Work

- **Boundary:** “I can’t take on more projects than what’s already on my plate.”
- **Healthy Consequence:** “If I’m asked to do more, I’ll explain my workload and suggest a realistic timeline or delegate. (Instead of saying yes, on autopilot, practice saying, let me get back to you”.)
- **Unhealthy Consequence:** “If they give me more, I’ll just shut down and stop responding.”

## 6. Social Energy

- **Boundary:** “I limit the number of social events I attend in a week to protect my energy.”
- **Healthy Consequence:** “If I’m invited out after I’ve reached my limit, I’ll say no and plan for another time.”
- **Unhealthy Consequence:** “I’ll agree to go, then cancel last minute or ghost people.”

# ◆ Physical Boundaries

## 7. Personal Space

- **Boundary:** “I need physical space when I’m upset.”
- **Healthy Consequence:** “If someone doesn’t respect that, I’ll step away and return when I’m calm.”
- **Unhealthy Consequence:** “If you don’t give me space, I’ll shut you out for days.”

## 8. Work-Life Balance

- **Boundary:** “I don’t answer personal texts during important meetings.”
- **Healthy Consequence:** “If someone texts me, I’ll get back to them after the meeting ends.”
- **Unhealthy Consequence:** “I’ll lash out at anyone who texts me during the day.”

## 9. Boundary: “I don’t share my workspace with others when I’m on deadlines.”

- **Healthy Consequence:** “If someone interrupts, I’ll remind them I need focus time and schedule a time to connect later.”

- **Unhealthy Consequence:** “If someone interrupts, I’ll snap at them and refuse to work with them again.”

## ◆ Relationships

### 10. Communication

- **Boundary:** “I won’t continue a conversation when voices are raised.”
- **Healthy Consequence:** “If it happens, I’ll pause the conversation and resume once we’re both calm.”
- **Unhealthy Consequence:** “If you raise your voice, the conversation is over.”

### 11. Respect

- **Boundary:** “I won’t accept name-calling in arguments.”
- **Healthy Consequence:** “If it happens, I’ll step away and revisit when respect can be restored.”
- **Unhealthy Consequence:** “If you call me a name, I’ll call you worse.”

### 12. Boundary: “I won’t discuss sensitive topics over text.”

- **Healthy Consequence:** “If the conversation starts moving that direction, I’ll say: ‘Let’s talk about this in person when we can give it the space it deserves.’”
- **Unhealthy Consequence:** “If they text something sensitive, I’ll ignore them completely.”

## ◆ Personal Growth

### 13. Self-Care Time

- **Boundary:** “I take 30 minutes each day for myself without interruption.”
- **Healthy Consequence:** “If someone interrupts, I’ll kindly remind them I’ll be available after my time ends.”
- **Unhealthy Consequence:** “If I get interrupted, I’ll give up on self-care altogether and stew in resentment.”

### 14. Boundary 1: “I commit to 15 minutes of reading or learning every day.”

- **Healthy Consequence:** “If I skip it one day, I’ll reset and prioritize it tomorrow without guilt.”
- **Unhealthy Consequence:** “If I miss a day, I’ll tell myself I failed and stop trying altogether.”

#### **15. Boundary 2: “I don’t compare my progress to others.”**

- **Healthy Consequence:** “If I catch myself comparing, I’ll redirect by writing down three things I’ve accomplished this week.”
- **Unhealthy Consequence:** “If I compare myself to someone, I’ll decide I’ll never measure up and quit pursuing my goal.”

### **Emotional**

#### **16. Protecting Your Emotional Energy**

- **Boundary:** “I don’t allow myself to be spoken to in a disrespectful tone.”
- **Healthy Consequence:** “If it happens, I’ll pause the conversation and revisit it when mutual respect can be restored.”
- **Unhealthy Consequence:** “If it happens, I’ll explode back with disrespect of my own.”

#### **17. Limiting Emotional Oversharing**

- **Boundary:** “I don’t share my deepest struggles with people who haven’t earned my trust.”
- **Healthy Consequence:** “If I feel the urge to overshare, I’ll pause and journal it first, then decide who is safe to talk to.”
- **Unhealthy Consequence:** “If I’ve overshared once and it backfired, I’ll shut down and stop opening up to anyone at all.”

#### **18. Not Absorbing Others’ Emotions**

- **Boundary:** “I can support others without carrying their emotions as my own.”
- **Healthy Consequence:** “If I feel weighed down, I’ll remind myself: ‘Their emotions belong to them. I can care without carrying.’ Then, I’ll redirect my energy with grounding practices.”

- **Unhealthy Consequence:** “If I feel weighed down, I’ll withdraw completely and avoid supporting anyone.”

**Coach Wright’s teaching thread here:**

Healthy consequences are about *clarity and consistency*—protecting your boundary while preserving respect. Unhealthy consequences are about *punishment and reaction*—they often damage relationships and don’t reinforce the boundary in a constructive way.