


Boundary Breakthrough Blueprint



Whole happy free

A Step by Step Solution



Setting and maintaining healthy boundaries is an essential part of any fulfilling relationship.

This guide will help you:

- 1. Understand your situation.**
- 2. Identify your needs.**
- 3. Determine your power center.**
- 4. Take action.**
- 5. Assess your outcomes.**

Boundary Breakthrough Blueprint walks you through each of these steps, providing clarity and support.



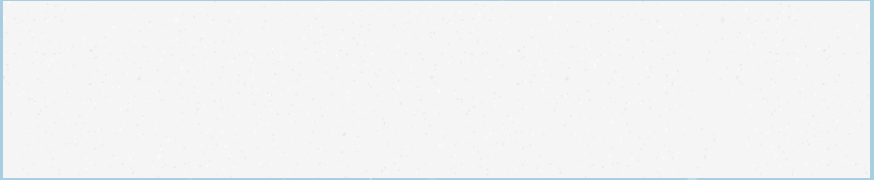
Step 1

Understand Your Situation

What is true for you about the issue at hand?

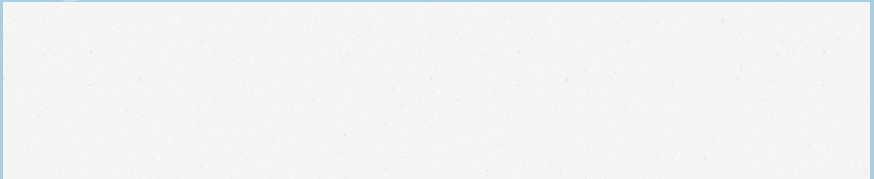
This involves recognizing what you're experiencing through your senses (sight, sound, smell, taste, and touch), your thoughts, and your emotions. To identify your reality, ask yourself these three simple questions:

Data: What did I see, hear, or experience that could be captured on video?

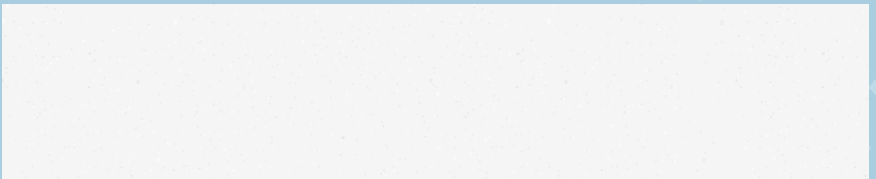


Thought: What are my perceptions or thoughts about the data?

What is the story I'm telling myself?



Emotions: What emotions do you feel as you think these thoughts and tell yourself this story?



Step 2

Identify Your Needs

**Begin by identifying needs not currently being met
with regard to this situation
(choose the 2-3 most important needs):**

- | | |
|------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Affection | <input type="checkbox"/> Mutuality/Give & Take |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Order/Reliability |
| <input type="checkbox"/> Autonomy/Independence | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Closeness/Touch | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Community | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Companionship | <input type="checkbox"/> Support |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Harmony | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Other: _____ |

**Once you've identified the needs, ask yourself,
"What is the outcome I want, or what is my vision for
this issue?"**

**Your vision ought to be clear and measurable,
such as: "To meet my need for connection, I will call
my partner once a day between 8:00 and 10:00 pm
when they're out of town."**

Step 3

Determine Your Power Center

Do you have the power to achieve the result you want without needing help or making a request?

If not, can you reach the desired outcome with support from someone else.

Does it require asking another person for assistance, or are you POWERLESS to create the result on your own?

- ☐ I have the power to create
- ☐ I need help
- ☐ I need to make a request
- ☐ I am powerless

Step 4

Take Action

☐ I have the power to create the outcome

What do I need to do to create the desired outcome?

I will complete this step by (date)

Step 4

Take Action (cont.)

☐ I need to ask for help.

Seek help from:
to create the
desired outcome.

I will complete this Step by (date):

☐ I need to make a request.

What is the specific request I need to make?

Ask the person if they are willing to:

Power Mantra: I know what I want. I know what I
don't want. I state it clearly and kindly,
and let go of the result.

(the request must be measurable and clear)

If agreed upon, this step will be completed by (date)

☐ Do nothing.

Release the problem if you recognize that you lack
the power to change it, or choose to take
no action if it's the best course.

Make this choice consciously and intentionally.



Step 5

Asses Your Outcomes

If your boundary work was successful,
Congratulations!

If the boundary didn't work as intended, consider
the following:

- **Action Check:** Did I follow through on the action I committed to in Step 4? If not, either recommit or re-evaluate the action.
- **Clarity of Request:** If I made a request, was the agreement clear? If not, revisit Step 4 to clarify and revise the request.
- **Boundary Violation:** Was the agreement broken? If so, address the issue by working through Steps 1-4 based on the new situation.
- **Acceptance of Powerlessness:** If you need to do nothing and accept your inability to change the situation, ensure you do so without feeling like a victim. Surrender and accept.

Determine how significant this issue is to you on a scale from 1-10 (with 10 being the highest importance).

This number will guide your next steps.

For addressing broken agreements and boundary violations, consider these options:

- Return to Step 4 and repeat your request, or ask for a repair or amends from the other person.
- Return to Step 4 and take action on your own to achieve the result or meet your needs without the other person's involvement.
- Return to Step 1 and work through Steps 1-4 again to address the new issue.