

The Midlife Emotional Boundaries Check™

Notice what is draining you and choose one limit that protects your well-being.



A boundary clarifies what you can offer, what you cannot take on and how you expect to be treated. It is information about your limits, not a punishment.



Signs a Boundary May Need Attention



I say yes and feel resentful later



I feel responsible for everyone's emotions



I am often interrupted or expected to be available



I explain or defend every decision



I keep helping beyond my capacity



I avoid speaking up because conflict feels uncomfortable

Where Is My Capacity Going?

PERSON OR SITUATION	WHAT IS BEING ASKED?	HOW I FEEL AFTER	WHAT I MAY NEED
			Time • Space • Help • Clarity • Respect
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What Is Mine to Carry?



MINE

- ☐ My choices
- ☐ My words
- ☐ My time and energy
- ☐ Asking clearly
- ☐ Following through

NOT MINE

- ☐ Managing every reaction
- ☐ Preventing all disappointment
- ☐ Solving every problem
- ☐ Explaining until someone agrees
- ☐ Carrying what belongs to another adult



Choose One Boundary

The situation I want to address: _____
 What I can offer: _____
 What I cannot offer: _____
 What I will do if the limit is not respected: _____

Useful Boundary Language

"I cannot commit to that, but I can let you know if anything changes."

"I am available until 3 p.m."

"I care about this, and I cannot take responsibility for the decision."

"I am not willing to continue the conversation while I am being spoken to that way."



Gentle Reminder

A boundary may disappoint someone. Discomfort does not automatically mean the boundary is unkind or unreasonable.



Martine's Midlife Wellness Tip

Keep the explanation short. A clear limit often becomes less clear when it is buried under too many reasons.



If setting a boundary could place you at risk because of threats, control or violence, seek help from a trusted professional or local support service.