BOUNDARIES ARE NOT UNLOVING

A Biblical Boundary-Setting Worksheet

“Above all else, guard your heart, for everything you do flows from it.”
— Proverbs 4:23

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1. Where Am I Feeling Overextended?

Think about the relationships, situations, or responsibilities where you frequently feel **resentful, anxious, exhausted, guilty, or overwhelmed.**

The situation I’m thinking about:

What keeps happening?

How does this situation make me feel?
☐ Anxious
☐ Resentful
☐ Guilty
☐ Drained
☐ Angry
☐ Responsible for everyone
☐ Unheard
☐ Overwhelmed
☐ Other: ___

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2. What Is Mine to Carry?

Not everything that someone else feels, chooses, or experiences is your responsibility.

MY RESPONSIBILITY

What can I control?

NOT MY RESPONSIBILITY

What belongs to the other person?

Remember:
I can love someone without taking responsibility for their choices.

3. Is This Love or Enabling?

Ask yourself honestly:

Am I helping this person grow—or helping them avoid the consequences of their choices?

☐ I am rescuing them from consequences.
☐ I am making excuses for their behavior.
☐ I am repeatedly fixing the same problem.
☐ I am afraid of what will happen if I say no.
☐ I feel responsible for keeping them happy.
☐ I am doing something God may be asking them to take responsibility for.

What would loving someone without enabling them look like?

4. What Does Scripture Say?

Jesus Modeled Boundaries

Jesus loved people deeply, yet He also:

- withdrew to pray — *Luke 5:16*
- said no to expectations that conflicted with His mission
- confronted unhealthy behavior
- allowed people to make their own choices
- spoke truth with grace

What do I learn from Jesus about healthy boundaries?

Scripture I Need to Remember

Write down a verse that reminds you that boundaries, wisdom, truth, and love can coexist.

5. My Boundary

A healthy boundary doesn't say:

“You have to change.”

It says:

“Here is what I will do if this continues.”

The behavior I need to address:

The boundary I need to establish:

What I will do to honor this boundary:

What I will NOT do anymore:

6. How Can I Say It With Love?

Use this simple formula:

I LOVE YOU + I CANNOT + I WILL

I love you / I care about you, but:

I cannot:

I will:

My boundary statement:

"I care about you, but I cannot ____.

If ____ ***happens, I will*** ____."

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7. Am I Setting a Boundary or Trying to Control?

Before establishing a boundary, ask:

Is my goal to…

☐ Protect my peace
☐ Honor God
☐ Protect my emotional/physical well-being
☐ Create healthy expectations
☐ Encourage responsibility
☐ Communicate honestly

Or am I trying to…

☐ Make someone change
☐ Punish someone
☐ Get revenge
☐ Make them feel guilty
☐ Control their choices
☐ Force a particular response

What is really motivating me?

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8. What Might Happen When I Set It?

Sometimes the hardest part of a boundary isn't setting it.

It's tolerating someone else's reaction.

They may be disappointed.

They may be angry.

They may accuse you of being selfish.

They may not understand.

What reaction am I afraid of?

What truth do I need to remember?

I am not responsible for:

I am responsible for:

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9. Protecting My Peace

What would protecting my peace look like this week?

☐ Taking time before responding
☐ Saying no without overexplaining
☐ Limiting unhealthy conversations
☐ Asking for help
☐ Taking space when conflict escalates
☐ Spending time with healthy community
☐ Praying before making a decision
☐ Releasing someone else's choices to God
☐ Following through on a boundary I've already established

One thing I will do:

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10. My Boundary Commitment

I can love without enabling.

I can forgive without immediately restoring trust.

I can be kind without being available for everything.

I can speak truth without being cruel.

I can say no without being unloving.

I can protect my peace without building walls.

I can trust God with the response of others.

My commitment:

With God's help, I will honor this boundary by:

I will remember:

> **Boundaries are not walls against people.**
> **They are wisdom about how I love them—and myself.**

A PRAYER FOR WISDOM

Lord,

Give me wisdom to know where my responsibility ends and someone else's begins.

Help me love without enabling, forgive without abandoning wisdom, and speak truth without losing compassion.

Give me courage to establish the boundaries You are asking me to establish and humility to examine the places where my own behavior needs to change.

Protect my heart from fear, guilt, resentment, and people-pleasing.

Help me follow the example of Jesus—loving deeply, speaking truth, serving faithfully, and knowing when to step away and be still with You.

Help me trust You with the things I cannot control.

Amen.