EXAMINE
Are the boundaries you set in your day-to-day life (time, resources, COVID) still working well for you?
☐Things have changed a little and I may need to adjust.
☐My boundaries are good but they aren't always respected.
☐Everything is still working great.

DEFINE
Can some boundaries be updated to reflect your current needs and circumstances?
☐I want to set new/updated boundaries w/friends, family, coworkers, etc.
☐I want to set new/updated boundaries with strangers.
☐There are new boundaries I want to set with myself.

RESTATE
Sometimes we need to remind people of boundaries that are important to us.
☐My (person) has a lot going on and doesn't always remember
☐I don't feel like my boundary is important to my (person).
☐It makes me feel strong to restate my boundaries.

PRACTICE
The more we do something, the more comfortable get. See if these boundary phrases work for you:
"Work and school have changed, let's revisit how we divide tasks!"
"I know restaurants are open now, I'm still not comfortable eating out."
"I just resent the link to my calendar so you can see when I am not available for meetings."
"I miss seeing you too, let's do something outdoors!"

For opportunities to practice setting boundaries, visit:
impactbayarea.org/online_classes