

- WORKBOOK -

Boundary-Setting
for
Weary Parents

A gentle guide to protecting your energy,
time, and emotional bandwidth.

Written by

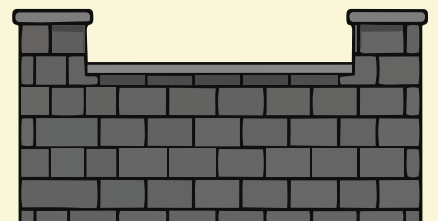
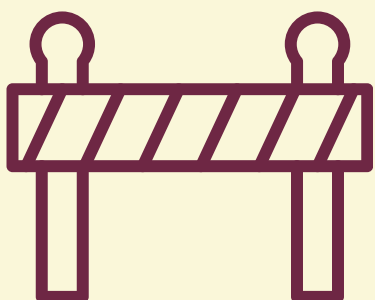
The Centre of Excellence in Child Trauma

Boundaries Are Not Walls

Boundaries aren't about shutting people out — they're about keeping yourself intact.

When you're weary, boundaries become essential. They help you protect your limited energy, reduce resentment, and create more space for calm and connection.

This workbook gives you simple scripts, reflection prompts, and tiny steps to help you set boundaries without guilt.



Where Am I Overstretching?

Take a quiet moment and answer the following three prompts in your workbook. Keep each response brief—aim to complete each one in under a minute. Do not overthink your answers; just write what comes to mind

- Where in your life do you feel most drained right now?
- What are you currently saying “yes” to that you don’t have the capacity for?
- What is one small boundary you could put in place to make your week easier?

The Boundary Scripts Library

Boundaries With Children

When you need a moment to breathe

“I’m here with you and I care about you. I’m feeling a bit overwhelmed and need a few minutes to reset. I’ll come back and help you shortly.”

When they want something immediately

“I hear that you really want that right now. I’m not able to do it this moment, but I will help you as soon as I finish what I’m doing.”

When you’re touched-out

“I love being close to you and I enjoy our cuddles. Right now my body needs a little space, but I still want to be near you. Let’s sit together and do something calming —like drawing, reading, or playing a quiet game—so we can both feel settled.”



The Boundary Scripts Library

Boundaries With Partners

When you need more support

“I’m feeling overwhelmed. I need us to share this task differently. Can we talk about a better plan?”

When you need time alone

“I need a short break to reset. Can you take over for 20 minutes so I can recharge?”

When you can’t take on more

“I don’t have the capacity for that right now. Can we find another solution together?”



The Boundary Scripts Library

Boundaries With Extended Family

When they offer unsolicited advice

“I appreciate you caring. I’m choosing a different approach that works for us.”

When they push for visits

“We’d love to see you, but this week is too full. Let’s plan something for another time.”

When they question your parenting

“I know we do things differently. We’re comfortable with our choices.”



The Boundary Scripts Library

Boundaries With Work

When you're overloaded

"My workload is at capacity. I can take this on if we shift or delay something else."

When you're contacted outside hours

"I'll look at this during my working hours tomorrow."

When you need flexibility

"I'm balancing a lot at home right now. Can we adjust expectations or deadlines?"



The “Boundary Builder”

Exercise

Here is a simple, three-step tool to help you create a boundary that fits your life.

Step 1: Identify the drain

“What situation leaves me feeling depleted or resentful?”

Step 2: Clarify the need

“What do I need instead — time, space, help, clarity, rest?”

Step 3: Choose a script

Pick one from the library or fill in this template:

“I feel . I need . Here’s what I can do: .”

Example:

“I feel overwhelmed in the evenings. I need a break after dinner. I can take 10 minutes outside while my partner handles the children’s bedtime routine.”

Releasing Guilt Around Boundaries

Boundaries don't make you selfish — they make you sustainable.

- Saying “no” to something is saying “yes” to your wellbeing.
- You're allowed to protect your energy even if others don't understand.
- Your kids benefit from seeing you model healthy limits.

“My needs matter. I can set boundaries with clarity and kindness.”

5-Day Boundary Reset

A gentle, low-pressure challenge

- Day 1: Set one tiny boundary with yourself
- Day 2: Set one boundary with a significant family member (child, spouse)
- Day 3: Ask for help once
- Day 4: Say “no” to something small
- Day 5: Celebrate one moment you protected your energy

Boundary Reset

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