

Boundary Reset Conversation Plan

A worksheet for resetting a blurred boundary without turning the conversation into unnecessary conflict.

Name _____ Date _____

Boundary to reset

WHAT BOUNDARY HAS DRIFTED

WHERE IT SHOWS UP MOST

WHY IT NEEDS A RESET NOW

New standard

WHAT SHOULD HAPPEN INSTEAD

WHAT COUNTS AS URGENT

WHAT IS NO LONGER ASSUMED

Conversation plan

BEST TIME TO TALK

CLEAREST FRAMING

MAIN AGREEMENT TO ASK FOR

Follow-through

HOW TO TELL IF THE RESET IS HOLDING

WHEN TO REVIEW IT

WHAT TO DO IF IT DRIFTS AGAIN

CalmCare worksheet — designed for printing and filling out by hand or on screen.