



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Worksheet

Boundaries help protect emotional wellbeing, energy, safety and self-respect.

Many people who have experienced trauma, people pleasing, emotional invalidation, burnout or unhealthy relationships struggle recognising where their limits are.

Some people become so focused on keeping others comfortable that they stop noticing their own exhaustion, resentment or emotional overwhelm.

This worksheet is designed to support gentle reflection around emotional boundaries and areas where more protection, space or support may be needed.

1. Situations Where I Feel Emotionally Drained

Examples may include:

- Certain relationships
- Conflict or emotional pressure
- Constant messaging or availability
- Over-committing
- Caregiving responsibilities
- Social situations
- Work or family expectations

Reflection Space

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hello@weareunmuted.co.uk

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Where or when do you notice yourself feeling emotionally drained, tense or overwhelmed most often?

2. Situations Where Boundaries Feel Difficult

Many people struggle with boundaries because they fear:

- Rejection
- Conflict
- Guilt
- Disappointing others
- Being seen as selfish or difficult

Reflection Space

Where do boundaries feel hardest for you?

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3. Signs My Boundaries May Be Overstretched

Examples may include:

- Burnout or exhaustion
- Resentment
- Anxiety or overwhelm
- Feeling emotionally responsible for others
- Difficulty resting
- Saying yes when you mean no
- Emotional shutdown or irritability

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What signs tell you your emotional capacity is becoming overloaded?

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4. Boundaries That May Support Me

Examples may include:

- Taking more emotional space
- Saying no more often
- Protecting rest time
- Reducing over-explaining
- Limiting emotionally draining interactions
- Asking for help or support
- Allowing yourself privacy and recovery time

Reflection Space

What boundaries might help protect your emotional wellbeing?

5. How I Want to Feel in Relationships & Environments

Examples may include:

- Calm

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- Respected
- Safe to say no
- Emotionally balanced
- Heard and understood
- Free to rest and be myself

Reflection Space

How would you like relationships, environments or interactions to feel emotionally?

Self-Compassion Reflection

Learning boundaries can feel emotionally uncomfortable, especially for people used to surviving through people pleasing, over-functioning or emotional responsibility.

That discomfort does not mean your boundaries are wrong.

Important Reminder

You are allowed to:

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- Say no
- Protect your emotional energy
- Need rest and space
- Have emotional limits
- Prioritise your wellbeing too

Healthy boundaries are an important part of emotional safety.

Support & Further Resources

Understanding boundaries can help reduce burnout, improve emotional wellbeing and rebuild self-trust over time.

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Turning silence into understanding through lived experience.

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