

THE INSIGHT BOUNDARY GUIDE

A FREE INSIGHT MINI GUIDE



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An Insight
Framework

Insight Mini Guide Series

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THE INSIGHT

Most of us were never taught how to set a boundary. We were taught how to keep the peace, how to be agreeable, how to make sure nobody was ever uncomfortable with us. We learned that saying no might disappoint someone, and disappointing someone felt more uncomfortable and sometimes unsafe than exhausting ourselves. So we said yes. And yes. And yes. Until we forgot that no was even an option.

A boundary is simply the place where you end, and someone else begins. It's the line that separates what you are responsible for from what you are not. It's the answer to the question: what is mine to carry, and what belongs to someone else? For many women, that line has been blurred for so long it's nearly invisible. We have been carrying other people's feelings, other people's expectations, other people's comfort, and we have been doing it for so long it feels like our job rather than a choice we never consciously made.

Boundaries don't have to be walls, or punishments, or ways of pushing people away or announcing that you don't care. A real boundary is an act of honesty. It tells the truth about what you can give and what you cannot. It tells the truth about how you want to be treated. It tells the truth about what you need. Setting a boundary is not unkind. It is one of the most respectful things you can do for yourself and for the people you love, because it allows them to know the real you, not the exhausted, resentful version of you that emerges when you've given too much of yourself for too long.

THE ACTION

One Thing You Can Try Today

Start with a small boundary in a safe relationship. Do not begin with the hardest person in your life or the most loaded situation. Pick something low-stakes.

Tell a friend which restaurant you actually want to go to instead of saying "whatever you feel like." Tell a colleague you disagree with a minor point instead of nodding along. Say "I can't take that on right now" without apologizing or explaining yourself.

The goal is not to fix every boundary problem by Thursday. The goal is to teach your nervous system that honesty does not always lead to disaster. Most of us learned early that expressing ourselves was risky. We need new data. We need to experience, repeatedly, that saying what we actually think or feel or need can be met with neutrality or even warmth. Low-stakes honesty builds the muscle for harder conversations later.



THE REFLECTION

Want to Go More In-Depth?

This mini guide is an introduction. I have a full **Good Girl Contract Workbook** that includes a deep exploration of the **Conflict Avoidance Clause** and practical steps for renegotiating the rules that keep you silent. This is available for purchase here: **Good Girl Contract Workbook**, or take the **free Pattern Recognition Quiz** on my website **here**, to discover which pattern is running your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you. Book a session with me and/or ask a question here: **Insight Therapy and Consulting**.

Let's talk about it.

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