

NAVIGATING YOUR HEALING JOURNEY WITH COMPASSION

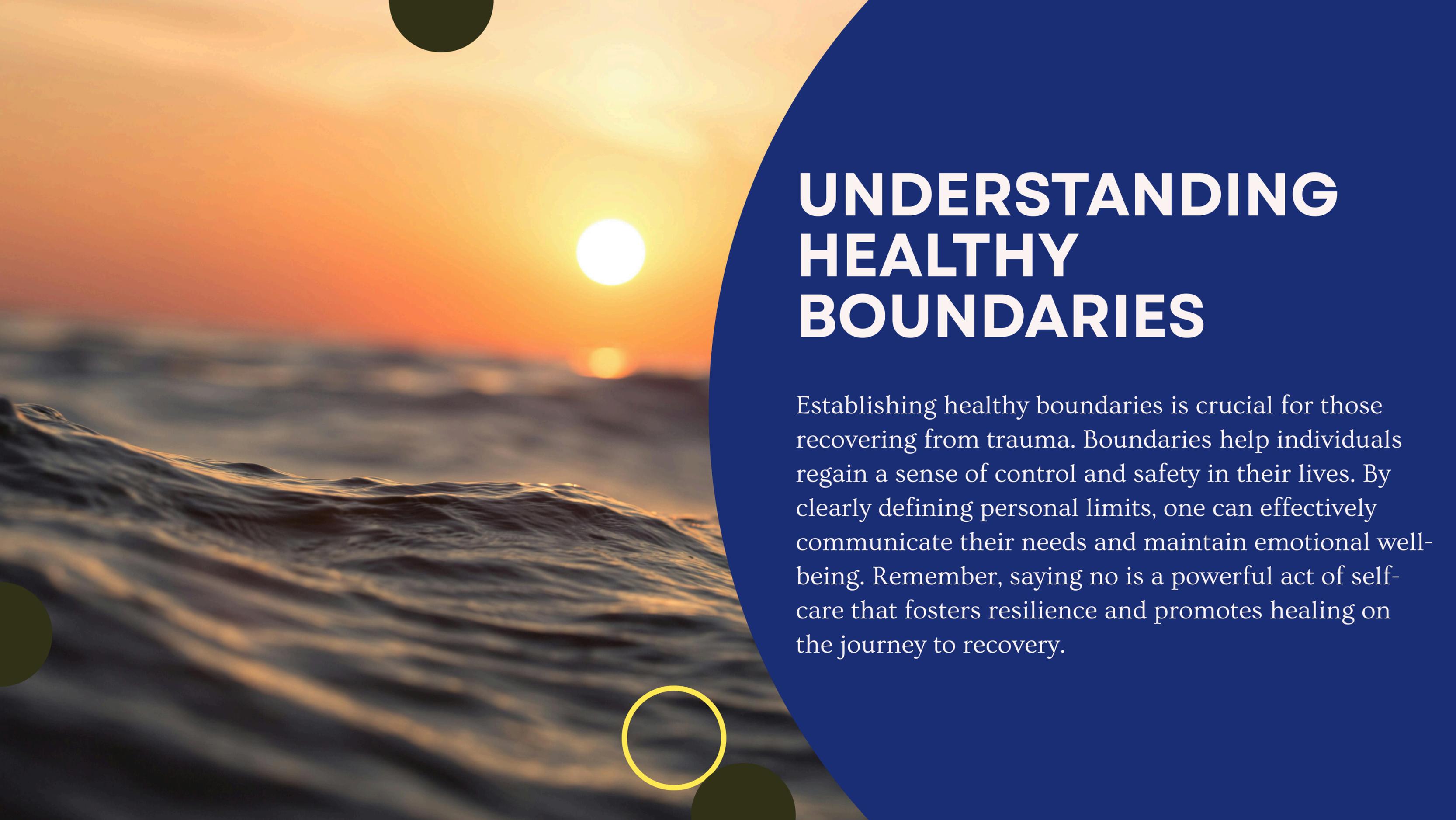
BOUNDARIES & SAYING NO

This presentation offers empowering strategies for setting healthy boundaries and practical tips for saying no, fostering resilience and self-care in your healing process after trauma.



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The background of the slide is a photograph of a sunset over the ocean. The sun is a bright white circle in the center, with a smaller, dimmer reflection on the water below it. The sky is a gradient of orange and yellow, and the water is dark with some white-capped waves in the foreground. On the right side, there is a large, semi-circular blue shape that contains the title and text. There are also several decorative circles: a solid dark green circle at the top center, a solid dark green circle at the bottom left, a solid dark green circle at the bottom right, and a yellow outline circle at the bottom center.

UNDERSTANDING HEALTHY BOUNDARIES

Establishing healthy boundaries is crucial for those recovering from trauma. Boundaries help individuals regain a sense of control and safety in their lives. By clearly defining personal limits, one can effectively communicate their needs and maintain emotional well-being. Remember, saying no is a powerful act of self-care that fosters resilience and promotes healing on the journey to recovery.

PRACTICAL STRATEGIES FOR SETTING BOUNDARIES

IDENTIFY YOUR LIMITS

1

RECOGNIZE THAT IT'S OKAY TO PRIORITIZE YOUR OWN NEEDS. SAYING NO CAN BE EMPOWERING AND HELPS CREATE A HEALTHIER BALANCE IN YOUR LIFE.

Communicate Clearly

Learn to Say No

2

3

PRACTICE EXPRESSING YOUR NEEDS IN A RESPECTFUL AND ASSERTIVE MANNER. USE "I" STATEMENTS TO ARTICULATE HOW CERTAIN ACTIONS IMPACT YOU WITHOUT BLAMING OTHERS.

Understanding your personal boundaries is essential for maintaining emotional well-being. Take time to reflect on what feels acceptable or unacceptable in your relationships.

KEY POINTS FOR SAYING NO

1

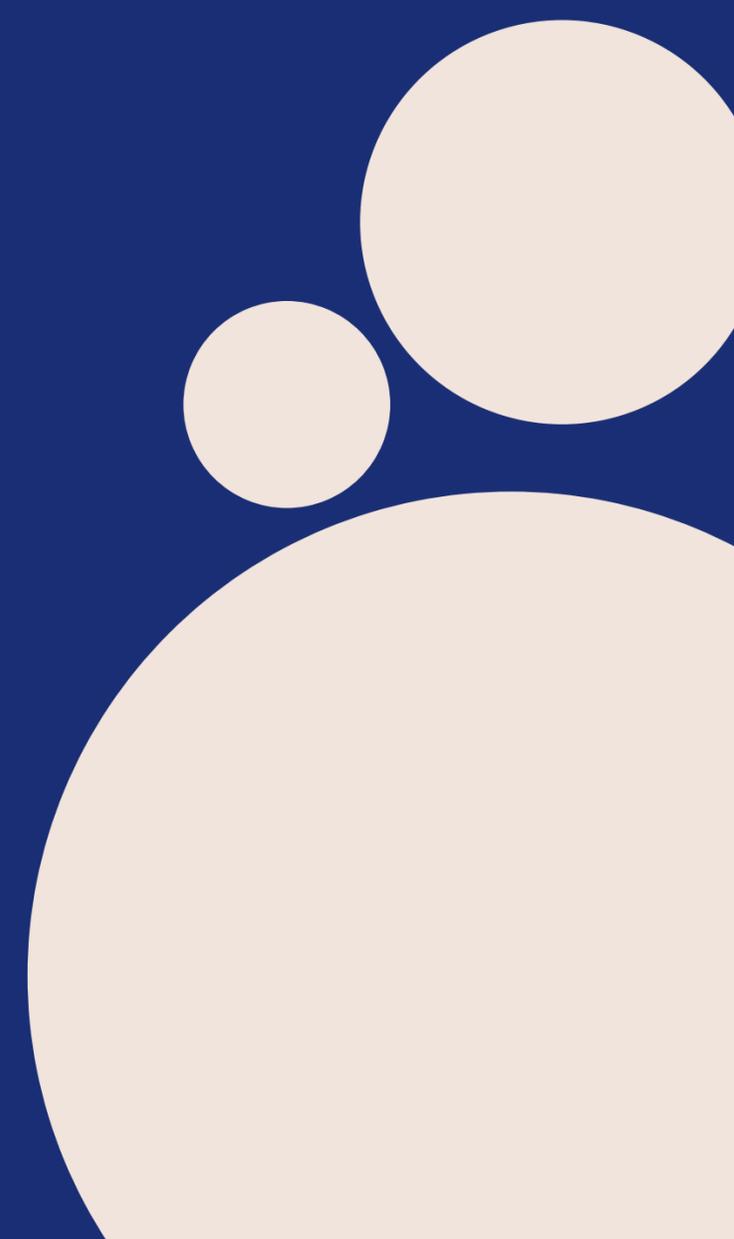
Setting clear boundaries is essential for protecting your emotional well-being. Communicate your limits with assertiveness and confidence, ensuring that others respect your needs and space.

2

Practice saying no in low-stakes situations to build confidence. Start with small requests and gradually work towards more significant ones, reinforcing your ability to assert your needs effectively.

3

Utilize assertiveness exercises such as role-playing or journaling. These tools will help you internalize the skills necessary for healthy communication, making it easier to express your boundaries moving forward.



HEALTHY BOUNDARIES AFTER TRAUMA

This page offers tools for setting healthy boundaries.

PRACTICAL EXERCISES FOR BOUNDARY SETTING

- Identify your limits and communicate them clearly to others.
- Practice assertive body language to reinforce your messages.
- Take time for self-reflection to understand your needs.

AFFIRMATIONS TO EMPOWER YOU

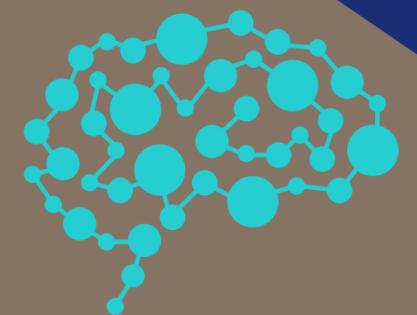
- I have the right to say no without guilt.
- My feelings and needs are valid and important.
- I deserve respect and healthy relationships.



HOW TPS SUPPORTS HEALTHY BOUNDARIES

Boundaries don't have to be harsh they can be calm, clear, and kind.

The next pages help you check in with your limits, find the right words to say No, and protect your energy without guilt.



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TOOL 1: CHECK MY BOUNDARIES

Sometimes we say Yes when we mean No, or give more than we have to give.

This page helps you reflect on what drains you and where you'd like firmer boundaries.

1

Where in your life do you feel overstretched?

2

What people, places, or habits drain your energy most?

3

What does safe feel like in your body when your boundaries are respected?





TOOL 2: SAYING NO PHRASE BANK

Saying No doesn't have to feel mean.

Try these gentle ways to set a boundary:

- “I appreciate you asking, but I can't commit right now.”
- “That doesn't work for me, but thank you for thinking of me.”
- “No, thank you – I'm not able to.”
- “I need to focus on my own wellbeing right now.”

Keep this phrase bank somewhere you can see it, practice saying it out loud.

TOOL 3: ENERGY DRAINS VS. ENERGY BOOSTS

Knowing what drains you – and what restores you, helps you plan where to say No and where to say Yes.

Draw two columns:

- Energy Drains: Who or what leaves you exhausted?
- 3 Energy Boosts: What people, spaces, or habits recharge you?



TOOL 4: QUICK BOUNDARY PLANNER

Boundaries stick better when you know Who, What, and How.
Use this mini planner to map out your next clear No.

- 1 Who do I need a boundary with?
- 2 What do I want or need to say No to?
- 3 How will I communicate it kindly but firmly?

TOOL 5: “NO IS A COMPLETE SENTENCE” REMINDER CARD

Keep this simple card where you'll see it:

“No is a full sentence.

I don't owe extra explanations.

Protecting my energy is a kindness to myself – and to others.”

Breathe. Speak it. Trust it.





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Disclaimer

This toolkit is part of the TPS Recovery Program. It's designed as a gentle guide — not a substitute for personal, medical, or legal advice.

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