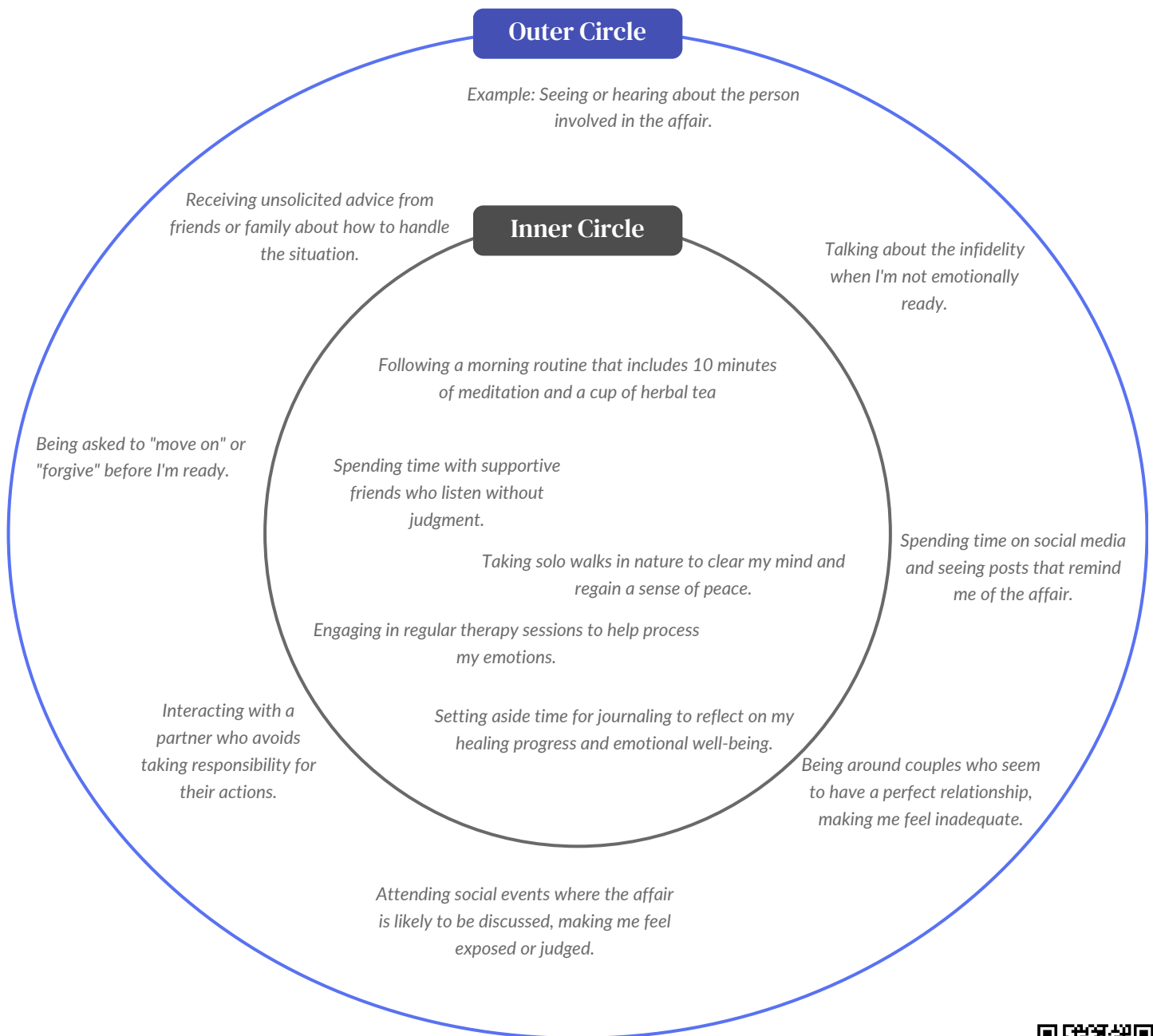


How to Set Healthy Boundaries

Infidelity can shake the foundation of trust and emotional security in a relationship. Setting boundaries is essential for protecting your emotional well-being as you heal. This worksheet will help you identify situations, thoughts, or interactions that cause emotional distress and explore how setting clear, healthy boundaries can support your recovery. **By understanding your emotional needs and creating boundaries, you can protect your mental health, regain a sense of control, and begin the process of rebuilding trust.**

PART 1: Visualize Your Boundaries

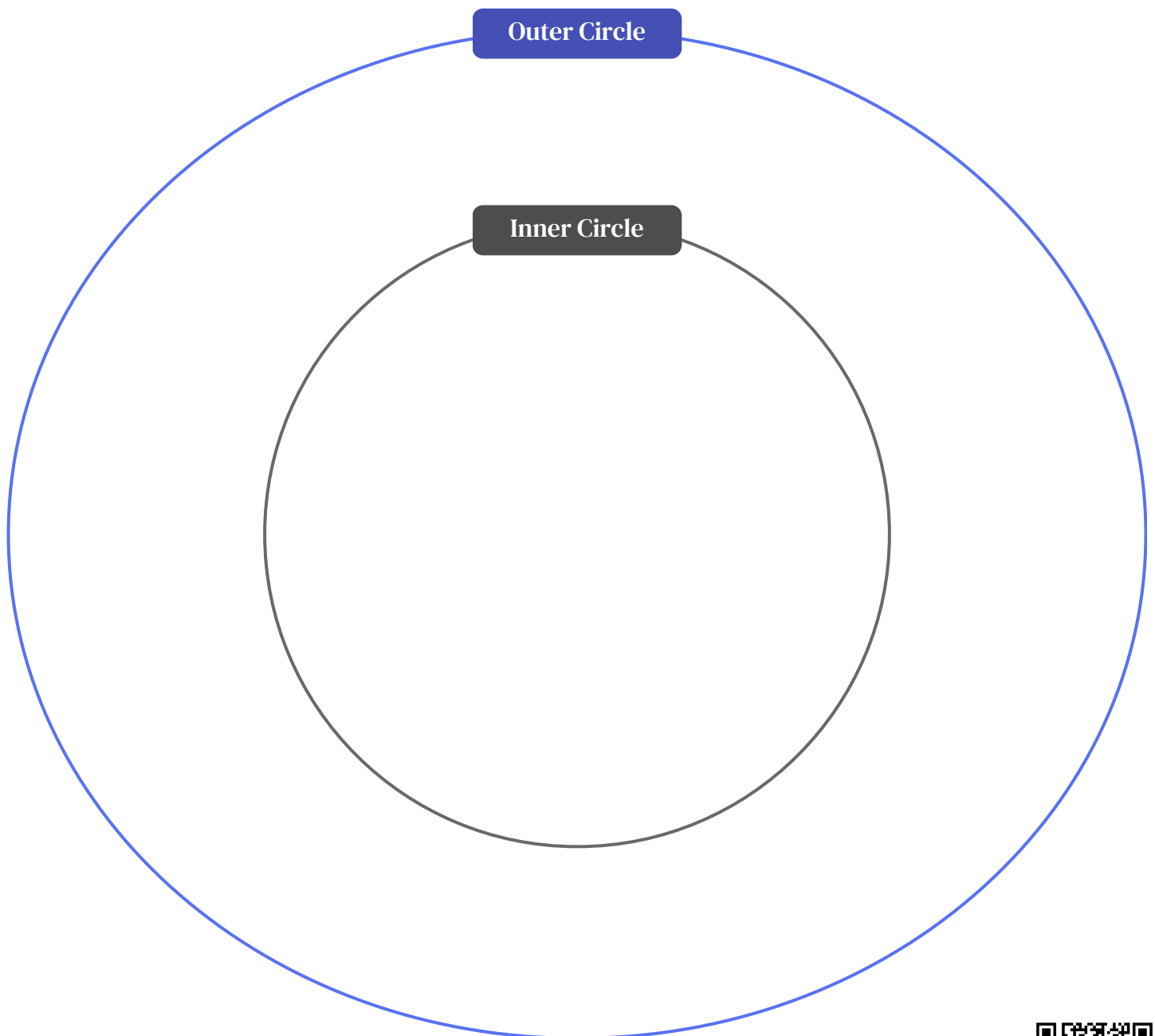
Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What is currently causing me stress or unease?
- What am I excited about each day?
- What do I find myself dreading each day?
- Who or what energizes and uplifts me?
- Who or what leaves me feeling drained and exhausted?
- Who or what helps me feel safe, supported, and valued?



PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."



PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My partner frequently brings up the infidelity at times when I am not emotionally prepared for the conversation. These unexpected discussions disrupt my efforts to heal and regain a sense of emotional stability. Last week, my partner started a conversation about rebuilding trust just as I was about to have a quiet evening to myself. It completely derailed my plans for self-care and made me feel overwhelmed.

Boundary I will set:

I will have a conversation with my partner to express that I need control over when we discuss the infidelity. I will ask them to check in with me before bringing it up to ensure I'm in the right emotional space. I will emphasize that I am committed to working through our issues, but I need to set aside specific times for these discussions to protect my emotional well-being.

Any potential challenges:

My partner might feel rejected or think that I am avoiding discussing the infidelity. They may perceive my request for boundaries as a lack of commitment to rebuilding the relationship. Additionally, my partner may struggle to understand why this change is necessary if they believe that frequent discussions are helpful for healing, even though I find them overwhelming at times.

How I will handle these challenges:

During our conversation, I will reassure my partner that I am committed to rebuilding trust and working through the infidelity. I will explain that setting boundaries around when we discuss the situation helps me manage my emotional well-being and allows me to fully engage in those conversations when I'm ready. For example, I could say, "I want to make sure we have productive conversations about our relationship, but I need to be in the right mindset. Could we agree to set aside specific times to talk about this, so I can be fully present and not feel overwhelmed?"



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

.....

.....

.....

Boundary I will set:

.....

.....

.....

Any potential challenges:

.....

.....

.....

.....

.....

How I will handle these challenges:

.....

.....

.....

.....

.....





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

