

# IF ANY OF THIS SOUNDS LIKE YOU...

- You feel like you've almost lost your sense of self because you spend so much time having to think about how your in-laws feel instead of doing what's best for your family
- You know what it means to pour from an empty cup: You find yourself saying yes to plans you don't like and, although you are already exhausted, you still say yes because of pressure from others
- You tend to overshare at times because you desire connection with your in-laws, but it often leaves you with feelings of regret
- You often feel exploited, pressured, controlled or pushed around by others and what they think you should do instead of what you think is best for your family and yourself.

#### This journal will help you to:

- · Bring focus to yourself and your physical and mental well-being
- Gain clarity on who you are, what you want, and your values and belief systems
- Reconnect with your authentic self and give you the confidence you need to create a more harmonious marriage and family life
- Reduce your overall stress and underlying anxiety and anger
- Reclaim your God-appointed individuality and autonomy for you and your family
- Improve your overall relationships within your immediate family
- Start to see and outgrow toxic people and situations
- Have more time and energy to do the things that matter to your family
- Grow into the Saint that God wants you to be





## HOW TO GET THE MOST OUT OF OF THIS JOURNAL

I recommend going through the core questions of this journal over the course of a few days and then pick one of the 10 bonus journal prompts every day to journal for 10 - 15 minutes of the following 30 days. Keep reviewing how your answers changed over time. Decide to prayerfully move forward and trust that the process will create lasting change in your life and the life of your family.



#### 1. When was the last time you said "yes" to your in-laws, when you wanted to say no?

a. Think of a specific situation. Reflect on what made you say "yes" and how you felt after. b. If your 90-year-old self would have witnessed the situation and could have taken over, what would she have said or done differently?

		h		
	W			
100	5	3		
				h
		5	٠	n
×		8	d	7
Б.	2	8	7	7

How do you want to handle similar situations in the future?









- 2. When was the last time someone got angry because you set a boundary with your inlaws or said "no"? It could be one of your in-laws or your husband or your child.
  - a. How did the situation go down?
  - b. How did you feel and what did you do?
  - c. Now imagine someone you love deeply and unconditionally experienced this same situation. What advice would you give them? How do they handle the situation best?







- 3. In which areas of your life do you struggle most with setting boundaries with your inlaws? For example, visits, holidays, birthdays, gifts, foods, raising your children, or dealing with conflicts with your spouse about your in-laws.
  - a. Why do you think that you struggle most with setting boundaries in this specific area? What are you afraid of?
  - b. If you had to think of 3 boundaries to set in this area, what would they be?
  - c. When do you find it comparatively easy to set boundaries and say "no"?







## 4. Who are there specific people in your life where you find it particularly difficult to say "no" and set boundaries?

- a. Write down who it is and think of situations that characterize your relationship with them when it comes to boundary violations.
- b. What changes can you make to improve the relationship?
- c. What boundaries would you like them to respect?
- d. How can you best communicate your boundaries to them? Think of different options from having a conversation to writing a letter to consulting and getting support from a specialist.
- e. How does your husband react to these same situations?

f. How can your husband best support you in setting boundaries to protect yourself?







	What areas of your life need more space, either you individually or as a family?  a. Why are they not a priority?		
Ł	b. What are other things you prioritize and why do you put these things first?		
	c. How can you create more space for these areas?		







#### 6. Who would you be if you had strong, healthy boundaries with your in-laws?

- a. How would you live and serve in this world?
- b. How would you communicate your needs to others so they could support you in these boundaries?
- c. What feelings come up when you envision yourself taking a break to respond and then kindly, but firmly saying "no" to your in-laws?









## 7. If you couldn't fail, what would you do? If there were no limitations, where and who would you be in 5 years from now? Who would God want you to be?

- a. What is currently in your way of making this vision a reality?
- b. Are these things real limitations or are they obstacles and challenges that the most confident, healed version of yourself could overcome?
- c. What beliefs would you have to let go of to make your vision become a reality?
- d. What priorities would you need to set?
- e. What help would you need? How can you ask for it?







#### **Bonus Prompts:**

- How can you get extremely comfortable saying "no"?
- What stops you from setting boundaries, especially with your in-laws?
- What does clearly communicating your needs look like to you?
- Who is someone that communicates their boundaries clearly? How do they do it?
- What toxic situations do you stay in because you are afraid to hurt someone's feelings?
- What toxic people do I allow to create chaos in my life? How does it happen? How can I set a boundary?
- What situations with your in-laws make you feel insecure? How can you mentally prepare for these situations so that you'll find it easier to hold up your boundaries?
- How can you make more time throughout the day to pray, listen to and honor your needs?
- Did you allow someone else's mood to influence your mood today? What happened? How can you be more mindful and independent of your feelings and mood tomorrow?
- When do you expect people to understand your needs, even if you haven't clearly expressed them? How can you express them better in the future?







