

# Speak Honest Journal Prompts



What is one boundary you wish you had set with a family member in the past? How might that boundary have improved the relationship or your emotional well-being?

What's holding you back from setting a boundary with a family member now? Is it fear of conflict, guilt, or something else?

What is one small boundary you can set today that would make a big difference in your family dynamics?

*Setting Healthy Boundaries with Family*