

Speak Honest Journal Prompts

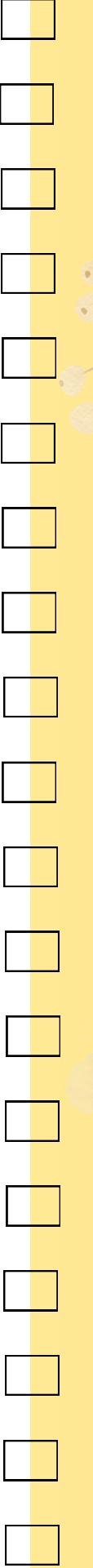


What boundary can you set today that reflects what you can control?

How can you express your boundaries without making them feel like ultimatums?

When have you struggled to repeat your boundaries calmly? What could you do differently next time?

Boundaries with an Avoidant: Protecting Your Peace



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Notes:

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