Rebuilding Autonomy and Boundaries

Purpose

Explore values, independent choices, and recovery goals.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Reflection prompts

What matters most to me?

Which choices would I like to feel more confident making?

What boundaries are important?

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts — continued

What concerns do I have about expressing boundaries?

What support might help?

References

Concepts informed by:

Department of Justice Canada. (2021). The Divorce Act changes explained. https://canada.justice.gc.ca/eng/fl-df/cfl-mdf/dace-clde/index.html

Ontario Association for Family Mediation. (n.d.). HELP-M Toolkit: Identifying and responding to family violence and power imbalances in mediative approaches. https://www.oafm.on.ca/help-m-toolkit/

Reflection questions and worksheet layout are original clinic educational content.

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