



Relationship Boundary Spread

Use five cards to clarify facts, feelings, needs, requests, and actions.

Best for: relationships that feel repeatedly draining, difficulty saying no, feeling ignored after speaking up, or uncertainty about where your boundary belongs.

Principle: the cards support reflection; they do not replace checking facts, direct communication, or professional help.



Before you begin

- Write the question first and include a specific situation.
- Record your first impression before checking keywords.
- Translate the insight into a boundary that is observable and actionable.



Five-card reflection notes

Separate facts from interpretations, then listen for feelings and needs.

01 Facts: What actually happened?

Write observable behavior, time, and setting. Avoid "always" and "never".

02 Feelings: What did this bring up?

Examples: hurt, anger, fear, fatigue, disappointment, feeling overlooked.

03 Needs: Which need or value was touched?

Examples: respect, safety, honesty, space, fairness, reliability, choice.

04 Request: What specific request can I make?

Make it clear, doable, time-bound when useful, and open to a response.

05 Action: What will I do if the boundary is crossed again?

A boundary describes your action, not how you will control someone else.





Turn insight into a boundary

Clear, respectful, specific, and protective of your choices.

A. When...

Describe a specific behavior or situation.

B. I feel... because I need...

Turn blame into feelings and needs.

C. I ask that you...

Make it clear, doable, and answerable.

D. If it happens again, I will...

Write an action you control, not a punishment.

Boundary statement example

"When our private information is shared without consent, I feel uneasy because I need respect and privacy. Please ask me before sharing it. If it happens again, I will share less personal information and pause these conversations."

Safety note: If there are threats, violence, stalking, coercion, or control, prioritize local emergency services, a trusted person, or a qualified support organization.

