

**lifexpe**™

EP 004

IT ONLY TAKES 5 MINUTES

**SET BOUNDARIES**  
**WITH CLARITY AND**  
**CONFIDENCE**

For those who aspire to  
improve their lives.

We empower them to take  
action and grow.

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## LEARNING SECTION

### Introduction

You're stuck in a cycle. Something makes you uncomfortable, but instead of speaking up, you stay silent. It happens again—and again—and before you know it, multiple boundaries have been crossed. The other person has no idea they've gone too far because you haven't communicated your discomfort. Sound familiar? If so, you're not alone—but today, we're going to stop that pattern once and for all.

In this episode, we'll dive into how to set and communicate boundaries effectively—without guilt. Setting boundaries is crucial for maintaining healthy, respectful relationships, but many of us struggle with this because we're afraid of being misunderstood, or worse, seen as difficult. Yet, not setting boundaries leads to resentment, frustration, and strained relationships. So, how do we break that cycle? We learn to speak up early and clearly.

We'll guide you through the different levels of boundary signaling, from soft signals to firm, non-negotiable boundaries. Not every situation requires the same response. Maybe you're feeling uncomfortable but aren't quite sure if you're ready to put your foot down. In that case, a soft signal might be enough to start a dialogue. But if something really crosses the line, you'll learn how to deliver a firm, assertive signal that leaves no room for misinterpretation. You'll be able to communicate your limits in a way that's clear, respectful, and leaves space for solutions.

We'll also explore what to do when you've communicated your boundaries, and they still aren't respected. In some cases, it may be time to step away from the situation—or even the relationship entirely. You'll learn when and how to make that choice, recognizing that protecting your emotional well-being is always the priority.

By the end of this episode, you'll be equipped with the tools to communicate boundaries clearly and confidently, transforming situations of discomfort into opportunities for growth. This is your journey to taking back control—one conversation at a time. Let's begin!

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## EXERCISE SECTION

### What boundary do I need?

Write down the boundary you need to set:

.....

### How well have I communicated my boundaries?

Assess how clearly you've communicated your discomfort and what your next step is.

Signal Level	Description	Example Phrase
<input type="checkbox"/> Level 0	No Signal	"..." (silent discomfort)
<input type="checkbox"/> Level 1	Soft Signal	"I'm not sure how I feel about that."
<input type="checkbox"/> Level 2	Clear Signal	"That doesn't feel good to me. Here's what I'd prefer..."
<input type="checkbox"/> Level 3	Firm Signal	"I really don't like this. It needs to stop."
<input type="checkbox"/> Level 4	Full Stop	"That needs to stop. If it happens again, our relationship will be affected."



## EXERCISE SECTION

### Did they notice or respond to my signal?

Did you see a change in their behaviour?

Yes, it has stopped or significantly reduced.



No, it hasn't stopped or reduced.

### What's my next step in protecting this boundary?

Escalate to the next signaling level to clearly reject the behavior next time.

Recognize that you may need to step away



Plan your exit phrase:

.....

Encourage healthy boundaries

"Thank you for understanding and being considerate..."

.....



## MOTIVATING REASON SECTION

You're the driving force behind it all. Envision a better self and redefine what's possible—for you.

Step 1	Describe where you are today. Reflect on what kind of person you are today.
Step 2	Envision what "better" looks like for you. What kind of person do you want to be?
Step 3	Identify actions in the intersection of who you are now and who you could be.

Where am I today?	How do I navigate?	What does better look like?
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