

Boundaries with ADHD + Rejection Sensitive Dysphoria

This worksheet is designed to help you understand why boundaries feel hard and how to begin setting them in a way that....

2. I often say yes when I really want to say no because:

3. A boundary I need right now (start small):

4. A simple boundary sentence I can practice saying:

5. When guilt or panic shows up, I will remind myself:

Boundaries are not rejection. They are self-respect and nervous system care.