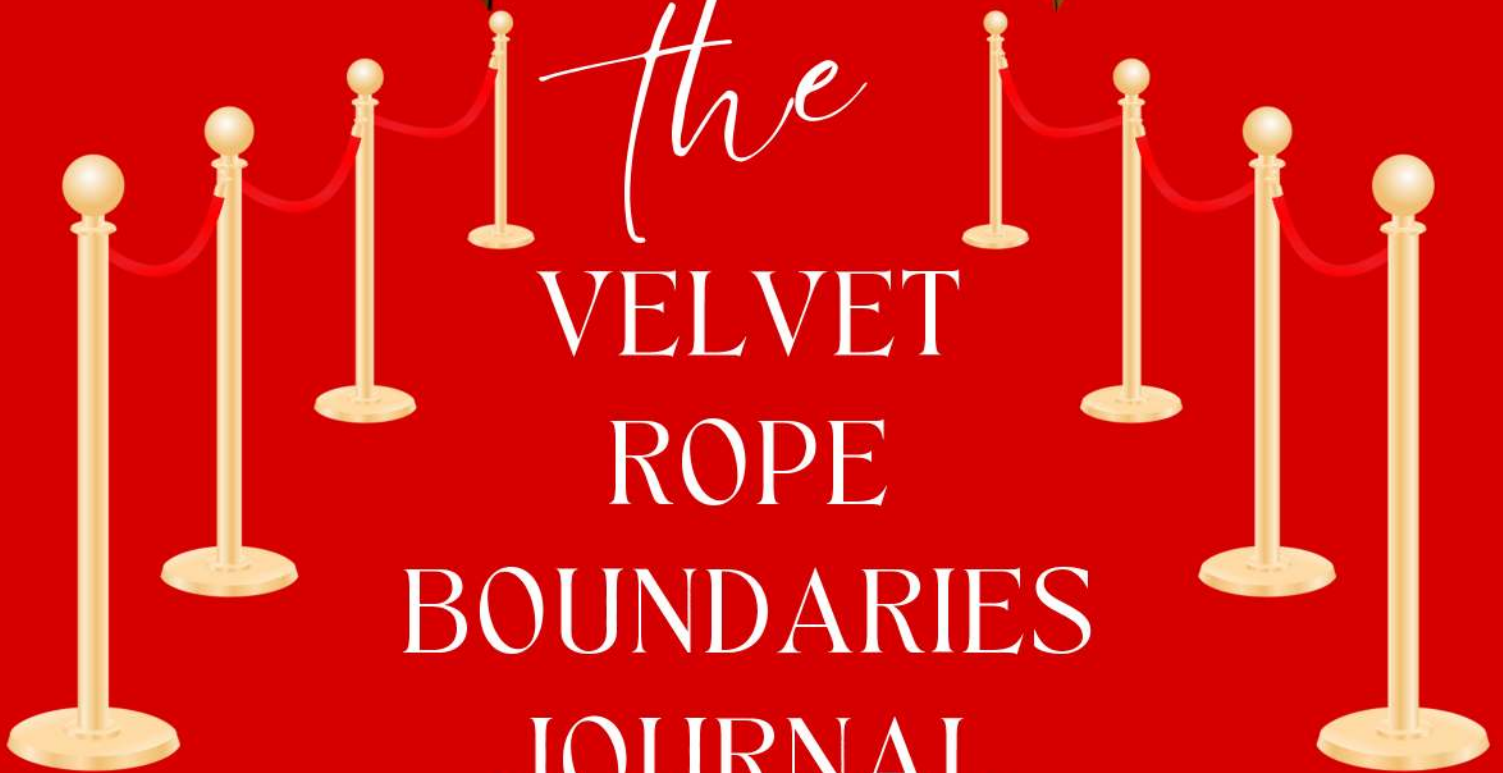




the
VELVET
ROPE
BOUNDARIES
JOURNAL



High standards Save you from
Low Quality Experiences

Hi Beautiful,

DOES ANY OF THIS RELATE TO YOU...

- You've bent so much for others that you started losing sight of who you are. Your identity has slowly been shaped around what people expect from you, what they need from you, and how they want you to show up until your own wants became an afterthought.
- You know what it feels like to pour from an empty cup. You say "yes" to plans that drain you, even when your soul is screaming "no." You agree to help when your body is exhausted and your spirit is tired because disappointing others feels harder than betraying yourself.
- You overshare sometimes because you crave real connection, but afterward you're left feeling exposed, anxious, and wishing you'd kept more of yourself sacred.
- People often overlook your subtle cues your quiet emotional withdrawal, your soft cries for space, even the passive aggressive shifts in your tone. They only notice something is wrong when you finally explode and when you do, you're labeled as "too emotional," "dramatic," or "overreacting."
- You're left feeling pushed, controlled, emotionally manipulated, or taken advantage of like your voice only matters when it's loud, and even then, it's dismissed.

IF SO, THIS JOURNAL WAS MADE FOR YOU!

This journal will help you to:

- Bring focus to yourself and your physical and mental well-being.
- Gain clarity on who you are, what you want, and your values and belief systems.
- Reconnect with your authentic self and give you the self-esteem and confidence you need to go after what you truly want in life.
- Reduce your overall stress and underlying anxiety and anger to help you to reclaim your power and independence, and to attract more healthy, empowering and supportive people into your life.
- Your overall relationships will improve, flourish and start to feel more equal.
- You will start to see and outgrow toxic people and situations.
- You will have more time and energy to do the things that matter to you and live up to your full potential!



SETTING BOUNDARIES

What are Boundaries?

A boundary is a choice you make about how you wish to be treated by others. It serves as a clear statement to those around you regarding acceptable and unacceptable behavior. You have every right to set boundaries concerning anything that may lead to harm, stress, or discomfort.

I value our relationship, but when you [specific behavior], it makes me feel uncomfortable. I'd appreciate it if you could respect my boundary on this matter

Thank you for your concern, but I prefer not to receive unsolicited advice. I'll ask for help if I need it.

Hey, I need my personal space respected. It bothers me when people get too close physically. Please give me some space

I'm not comfortable discussing that topic. Let's talk about something else

I noticed you went through my personal messages. That's an invasion of my privacy, and I need you to respect my boundaries online.

I love you, but it's essential for us to respect each other's boundaries.

Tips for setting your boundaries:

1. Be clear in your communication to help others understand.
2. Resist the urge to let people influence you or undermine your limits. Remember, **You are not required to accept it if you don't like it!**
3. Enforce I statements. "I find it unsettling when you."
4. If people continue to step over your boundaries, perhaps you shouldn't be friends with them. Each other's limits are respected by true friends!

Exploring Boundaries

Consider a person or a group with whom you find it difficult to establish appropriate limits. This could indicate that your limits are too strict, that you open out too much, or that there is another issue that is more difficult to identify.

**With whom do you find it difficult to establish sound boundaries?
(For instance, "my husband" or "friends")**

How are your limits in each of the following categories in your relationship with the individual you mentioned above? Tick in the right column.

Boundary Category	Poor	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				
Emotional Boundaries				
Sexual Boundaries				
Material Boundaries				
Time Boundaries				

Consider envisioning the future scenario where you start to set healthy boundaries with this individual. If your boundaries are currently too inflexible, that could entail becoming more open. Alternatively, if they are too loose, it might involve establishing limits and confidently saying "**no**" when needed..

What are some concrete steps you can implement to enhance your boundaries?

How do you anticipate the other person's reaction to these adjustments?

Boundaries Check-in

Establishing clear boundaries is super important in various aspects of life, whether in personal relationships, work environments, or online. To perform a boundary check, check the boxes next to each field in the box below.

EXAMINE

DEFINE

PRACTICE

EXAMINE

Are all the boundaries you set in your day-to-day life such as time, work, resources still working well for you?

- ☐ Things have changed a little and many need to adjust.
- ☐ My boundaries are good but they aren't always respected.
- ☐ Everything is working great.

DEFINE

Can some boundaries be updated to reflect your current needs and circumstances in life?

- ☐ I want to set new boundaries with friends, family, colleagues, clients, strangers, etc.
- ☐ I want to update my boundaries and make sure it is respected the way I want.
- ☐ Everything is working great.

PRACTICE

We get more comfortable doing something the more we do them. See whether you can use these border expressions.

- ☐ I don't appreciate being spoken to that way. Please be respectful when you talk to me.
- ☐ I noticed you went through my personal messages. That's an invasion of my privacy, and I need you to respect my boundaries.
- ☐ Thank you for your concern, but I prefer not to receive unsolicited advice. I'll ask for help if I need it

Boundaries Reflection

Allow some time to write down your responses to these prompts in your journal.

Work Boundaries

- Determine the boundaries you want to set.
- Plan out how you'll apply and uphold these boundaries.
- Describe the significance of these boundaries to you.



Relationship Boundaries

- Consider your personal relationships with family, friends, and romantic partners
- Determine the boundaries you want to set.
- Plan out how you'll apply and uphold these boundaries.
- Describe the significance of these boundaries to you.



Personal Time

- Think on how you spend your personal time and engage in activities that bring you joy
- Determine the boundaries you want to set.
- Plan out how you'll apply and uphold these boundaries.
- Describe the significance of these boundaries to you.



Digital Boundaries

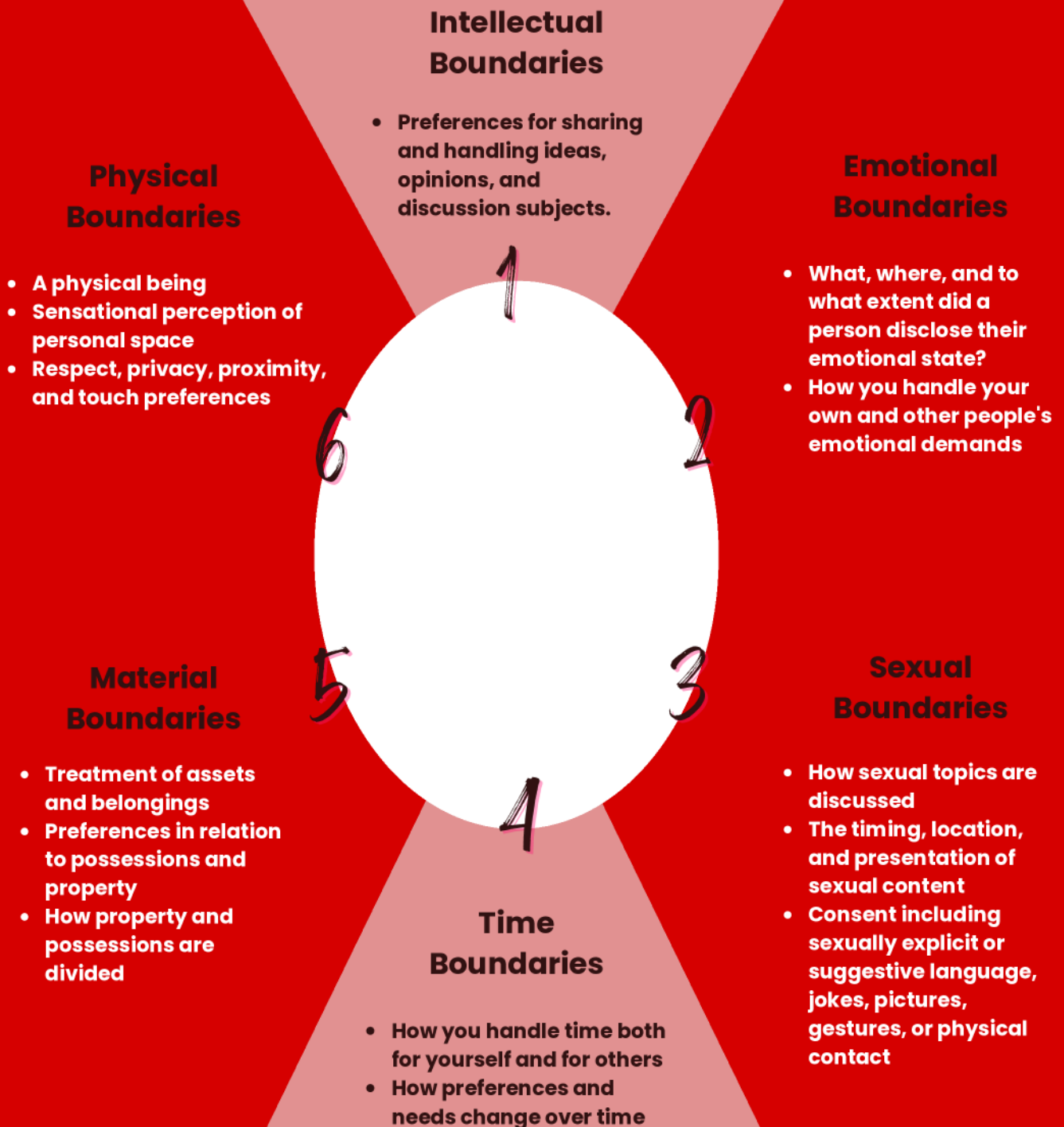
- Decide which technology and digital platforms you want to use.
- Determine the boundaries you want to set.
- Plan out how you'll apply and uphold these boundaries.
- Describe the significance of these boundaries to you.



Keep in mind that setting and sticking to limits is a continuous process. As you consider and set boundaries that are most effective for you, practice compassion for yourself. Make sure your boundaries are always being reviewed and updated to reflect your changing priorities.

6 Boundaries Types

Boundaries are the guidelines and expectations that help create a sense of security and comfort in daily interactions. Here are the six common boundary areas along with examples of what they include.



Common Boundary Traits

Rigid Boundaries	Poor Boundaries	Healthy Boundaries
Avoids intimacy and close relationships. Unlikely to ask for help. Has few close relationships. Very protective of personal information. May seem detached, even with romantic partners. Keeps others at a distance to avoid the possibility of hurt and rejection.	Overshares personal information. Difficulty saying "no" to the requests of others. Overinvolved with others' problems. Dependent on the opinions of others. Accepting of abuse or disrespect. Fears rejection if they do not comply with others.	Values own opinions. Doesn't compromise values for others. Shares personal information in an appropriate way (does not over or under share). Doesn't compromise values for others. Knows personal wants and needs, and can communicate them. Accepting when others say "no" to them.

Rigid boundaries are characterized by excessive rigidity, making it difficult to connect with others emotionally. Poor boundaries, on the other hand, allow external influences to penetrate deeply, often leading to issues like emotional exhaustion and codependency. Healthy boundaries strike a balance, allowing for personal autonomy while fostering meaningful and respectful connections with others.

Boundaries Test!

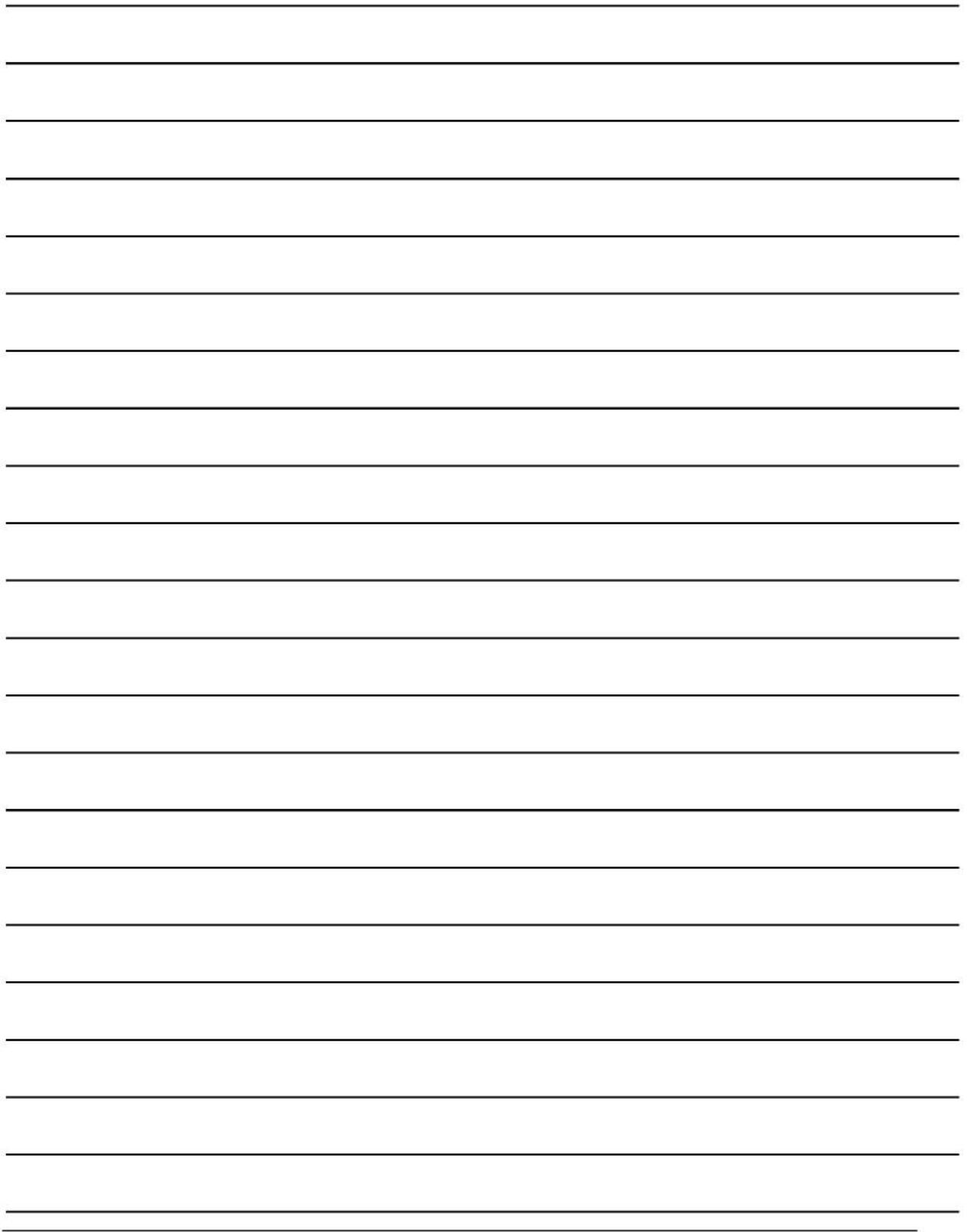
Boundary Type	Example
Emotional and Mental Boundaries Emotional or mental boundaries safeguard your right to express your own emotions and thoughts.	Example: "I appreciate your concern, but I need some space to process this situation on my own right now. I'll reach out if I need support or advice." Current Boundary: Poor ☐ Healthy ☐ Rigid ☐
Physical Boundaries Your body and personal space are clearly defined.	Example: "I understand you want to give me a hug, but I prefer not to be touched right now. Let's catch up with a friendly wave instead." Current Boundary: Poor ☐ Healthy ☐ Rigid ☐
Time Boundaries Time boundaries safeguard how you use your time. They keep you from agreeing to do things you don't want to do, from having people waste your time and from being overworked.	Example: "I'd love to help, but my schedule is already packed today. I can assist you tomorrow afternoon when I have more availability." Current Boundary: Poor ☐ Healthy ☐ Rigid ☐
Sexual Boundaries Sexual boundaries safeguard your right to engage in only sexual behaviors that make you feel comfortable and safe.	Example: "I want to make sure we're both comfortable with our physical intimacy. Can we have an open conversation about our boundaries and preferences?" Current Boundary: Poor ☐ Healthy ☐ Rigid ☐
Financial Boundaries Financial and material boundaries safeguard your financial resources and assets, as well as your right to spend your money any way you see fit.	Example: "I'm sorry, but I can't lend you money right now. I need to prioritize my own financial goals and responsibilities." Current Boundary: Poor ☐ Healthy ☐ Rigid ☐
Spiritual or Religious Boundaries Spiritual boundaries safeguard your freedom to believe in anything you want, worship however you want, and practice your spiritual or religious beliefs.	Example: "I respect your beliefs, but I prefer not to discuss religious topics. Let's focus on our shared interests instead." Current Boundary: Poor ☐ Healthy ☐ Rigid ☐
Non-negotiable Boundaries Your own non-negotiable boundaries.	Example: "I understand you want me to attend the event, but spending time with my family on weekends is a non-negotiable for me too." Current Boundary: Poor ☐ Healthy ☐ Rigid ☐

Remember, these examples are just examples to give you an idea of how to communicate boundaries. The language and tone should always be adjusted to fit the specific situation and the individual's personality. The key is to express your boundaries clearly and assertively while being respectful of others' boundaries as well. Once you set your boundaries, you'll feel a better sense of peace and respect.

**MY
SETTING
BOUNDARIES
JOURNAL**

Standing on Business

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3. In which areas of your life do you struggle most with setting boundaries. (work, family, friends, romantic relationships...)?

A. When do you find it relatively easy to set boundaries and say no?

B. Why do you think that you struggle most with setting boundaries in this specific area? What are you afraid of?

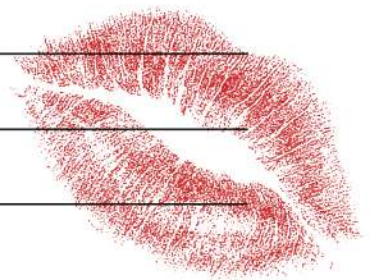
C. If you had to think of 3 boundaries to set in this area, what would they be? How can you set them and stand firm on that boundary?



RED LIP ENERGY ONLY



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C. How can you create more space for these areas?

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[illegible]



Bonus Prompts:

- How can I get dangerously confident saying “no” without apologizing or over-explaining?
- What would my “red lip” voice say versus my people pleasing voice?
- What fears make me soften my boundaries fear of being disliked, replaced, misunderstood, or abandoned?
- What is this fear costing me in peace, self worth, and power?
- What does it look like when I boldly state what I need without sounding like I’m pleading for permission?
- If my needs were non-negotiable, how would I communicate them?
- Who embodies unapologetic boundary energy (celebrity, friend, mentor)?
- What toxic rooms do I stay in because I’m scared of being “the bad guy”? Is protecting their feelings worth sacrificing my sanity, femininity, or identity?
- Who creates emotional chaos in my life and how do they gain access?
- What boundary can I set: time limit, emotional limit, conversation limit, access limit?
- What situations trigger my insecurity or silence me?
- Where in my day can I pause, check in, and ask: “Baby girl, what do you actually need right now?”
- How can I romanticize listening to myself the way I obsess over listening to others?
- Did I let someone’s mood hijack my energy today?
- What would direct, feminine clarity look like next time?
- Ultimately how do I want to be treated in every room I walk into?

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Thoughts & Reflections





RED LIP ENERGY
ONLY