

# 5 Boundaries Every Survivor of Narcissistic Abuse Needs

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## Why Boundaries Matter

After experiencing narcissistic abuse, boundaries aren't just rules; they are lifelines. They protect your mental health, rebuild your sense of self, and create safe, respectful relationships. These five boundaries are starting points to help you reclaim your voice and your peace.

### 1. The Boundary of Time

Your time is valuable. Saying "No, I can't talk right now" or "I'm unavailable this weekend" is a healthy way to protect your energy.

💡 Practice: Schedule time for yourself as if it were a meeting you cannot miss.

### 2. The Boundary of Space

Physical and emotional space help you feel safe. It's okay to leave a conversation, decline a hug, or create distance from triggering people.

💡 Practice: Choose one safe place (home, a friend's house, even your car) where you can reset when overwhelmed.

### 3. The Boundary of Communication

You don't owe anyone immediate access to your thoughts or feelings. Decide what you want to share and with whom.

💡 Practice: Use statements like "I'm not comfortable discussing that" or "That's private."

### 4. The Boundary of Emotional Energy

You are not responsible for managing other people's moods. It is not your job to absorb their anger, sadness, or manipulation.

💡 Practice: When you feel pulled to "fix" someone else, pause and ask yourself "What do I need right now?"

### 5. The Boundary of Self-Worth

Your value does not depend on someone else's approval. Protect your self-talk by affirming your worth daily.

💡 Practice: Write one affirmation you believe about yourself and place it where you'll see it often.

## 🌟 Closing Encouragement

Boundaries are acts of self-respect, not selfishness. Each small step builds resilience and creates space for healing. Remember - You are worthy of peace, respect, and safety.

✉️ Want more tools for healing?


Download resources and join the community at [www.lotusmhc.com](http://www.lotusmhc.com)

# My Boundaries Worksheet

Use this worksheet to identify and practice the 5 boundaries every survivor needs. Fill it out honestly; it's for you and your healing.

## 1. Time Boundary


How will I protect my time this week?

 Example: "I will block one hour on Saturday morning for myself without interruptions."

My plan:

## 2. Space Boundary


Where is a safe space for me when I feel overwhelmed?

 Example: "My bedroom with calming music."

My safe space:

## 3. Communication Boundary


What phrase can I use to protect my privacy?

 Example: "I'm not comfortable sharing that right now."

My phrase:

## 4. Emotional Energy Boundary

What's one way I'll stop taking on other people's emotions?

 Example: "When someone is upset, I will remind myself their feelings are not my responsibility."

My plan:


## 5. Self-Worth Boundary

What affirmation reminds me of my value?

 Example: "I am worthy of respect and love."

My affirmation:

✨ Reminder: Boundaries are doors you choose when and how to open. Protect your peace.

 For more tools, visit [www.lotusmhc.com](http://www.lotusmhc.com)