

Draft up to three boundaries using the four-part structure: Observation, Impact, the Boundary itself, and (optionally) what you'll do if it continues.

Boundary 1

1. Observation — the specific behavior, no generalizing:

2. Impact — what it actually costs you:

3. The boundary — what you need going forward:

4. If it continues (optional) — what you'll do:

Boundary 2

1. Observation — the specific behavior, no generalizing:

2. Impact — what it actually costs you:

3. The boundary — what you need going forward:

4. If it continues (optional) — what you'll do:

Boundary 3

1. Observation — the specific behavior, no generalizing:

2. Impact — what it actually costs you:

3. The boundary — what you need going forward:

4. If it continues (optional) — what you'll do:
