

The Soul-Aligned Boundary Framework

Created for Victoria Lorient-Faibish M.Ed, RP - Therapist, Holistic Psychotherapist

1. Pause + Presence: Name What You Feel

Before reacting, pause and ask yourself:

- What's happening in my body right now?
- Is this discomfort, resentment, fear, or exhaustion?
- What need is asking to be honored?

Quick mantra:

"I feel this signal. It's not selfish-it's sacred."

Boundaries don't come from anger. They come from awareness. Naming the discomfort gives you clarity and softens reactive guilt.

2. Reframe Guilt: Your Energy is Sacred Currency

Instead of: "I feel bad for saying no."

Try: "When I protect my energy, I increase my capacity to serve from love."

Write this somewhere:

"My 'no' to what drains me is a 'yes' to my health, peace, and aligned purpose."

3. Use Gentle Power Language (Boundary Scripts)

Speak from clarity, not explanation. Less is more.

For overextension:

- "I won't be able to take that on."
- "That doesn't work for me right now."
- "I need to honor my limits, so I'll have to pass."

For family/friend pressure:

- "I'm choosing what's best for my energy right now."

- "I'm not available for that conversation."
- "Let's reconnect another time-I need space right now."

Energetic Add-On (for personal use):

"I send them love, but I return to my center."

4. The 3-Part Sacred Boundary Check

When unsure, ask:

1. Is this draining me?
2. Am I doing this out of fear, not choice?
3. Will I resent this later?

Anchor phrase:

"If I abandon myself to avoid discomfort, I prolong my suffering."

5. Aftercare: Replenish the Nervous System

Setting a boundary may still activate your nervous system. Tend to yourself:

- Take 5 grounding breaths.
- Hand on heart or womb: "I'm proud of myself for honoring my truth."
- Call in your higher self, the Universe, your guides or whatever you choose to increase a feeling of being supported in this moment.
- Visualize golden light sealing your field.

Optional Ritual: "The Loving Boundary Spell" (Whisper softly)

"I set this boundary not to push away-but to stay close to myself.

I choose peace, not people-pleasing. I am safe to protect my joy."