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EDGEWATER



EDGEWATER MEDIATION GROUP

TOOLKIT SERIES · NO. 04



Boundary Builder

Get clear about what you can control and how you will
respond.

CLARITY · CHOICE · RESOLUTION

EDGEWATER MEDIATION GROUP LLC

Boundary Builder

Get clear about what you can control and how you will respond.

This resource is provided by Edgewater Mediation Group LLC for general educational and conflict-resolution purposes. Edgewater Mediation Group is not a law firm and does not provide legal advice. Information contained in this resource should not be considered legal advice for any individual situation.

01

The Repeating Problem

What keeps happening?

02

The Behavior

What specific behavior is creating the conflict?

03

Why It Matters

How does this behavior affect the situation?

04

Control Check

I Can Control

I Cannot Control

05

My Request

What am I asking the other person to do?

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EDGEWATER COACHING NOTE

A request invites a yes or no. If the outcome must happen regardless of their answer, you are ready to write a boundary instead.

06

My Boundary

When _____ happens, I will _____ .

A boundary identifies what **you** will do. A boundary does not control another person's behavior.

07

Request vs. Boundary

A Request "Could you call before stopping by?"	A Boundary "If you stop by unannounced, I won't answer the door."
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08

Boundary vs. Threat

A Boundary "If the invoice is late again, I will pause the project."	A Threat "If you don't pay, you'll regret it."
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09

The Consequence

Is this something I can actually follow through on?

10

How I Will Communicate It

11

If The Boundary Is Ignored

What will I do?

12

Consistency Plan

How will I follow through calmly and consistently?

13

Review — After 30 Days

What Changed

What Did Not

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EDGEWATER COACHING NOTE

Boundaries are rarely perfect on the first try. Reviewing and adjusting is a sign the process is working, not that it has failed.

Need help planning the conversation?

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