

THE BOUNDARY LOAD CHECK

Why boundaries get harder to hold when your internal load is already high

This form helps name how much internal load you're carrying right now — so support can match what your system can actually hold.

Please answer with honesty, not perfection.

This isn't a test — it's a way of naming what's already present.

NAME: _____

DATE: _____

1. When your day feels full, what contributes most to that?

2. Where are you carrying more than others see or expect?

3. What tends to increase your internal load the fastest?

4. What helps your system feel a little less full — even briefly?

5. What kinds of support feel workable right now?



INTERNAL EXPERIENCE & PACE

This page helps capture how your internal load shows up across the day — when things feel manageable, and when they don't.

There are no right answers here. This is simply a way to capture what's real for you right now.

Internal Pace

1. *Are there parts of your day where you're functioning, but it takes more effort than it should?*

2. *What, if anything, has made your day feel even slightly more manageable lately?*

3. *What helps things feel less effortful, even briefly?*

Your Readiness

(Capacity-focused, not mindset-focused)

Does your current load allow for adding support right now — or would that feel like too much?



Let's Talk About Real Wellbeing

This section offers a way to notice how different areas of your life are feeling right now.

Internal Load Self Rating

This reflection isn't about judgment.
It's a way to see what's present today, without pressure.

On a scale of 1–10, please rate how each area feels right now.

1 = feels manageable, 10 = feels maxed out

Truly Unsatisfied

Truly Satisfied

Energy & Vitality –

Do you have enough energy to meet your days with steadiness and motivation

1	2	3	4	5	6	7	8	9	10
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Mental Clarity –

Do you feel clear about who you are, where you're headed, and what matters most?

1	2	3	4	5	6	7	8	9	10
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Focused Performance –

Can you stay focused and follow through without slipping into overdrive or burnout?

1	2	3	4	5	6	7	8	9	10
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Authentic Expression –

Do you feel free to express what's true for you –in words, creativity, and action?

1	2	3	4	5	6	7	8	9	10
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Grounding Practices & Self-Care –

Do you have regular practices that truly replenish you?

1	2	3	4	5	6	7	8	9	10
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Family & Intimate Relationships –

Do you feel emotionally connected and supported?

1	2	3	4	5	6	7	8	9	10
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Social Belonging –

Do you feel part of a community that nourishes you?

1	2	3	4	5	6	7	8	9	10
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Communication & Boundaries –

Do you communicate needs and boundaries with confidence?

1	2	3	4	5	6	7	8	9	10
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Emotional Steadiness & Recovery –

Do you recover easily from stress or emotional challenges?"

1	2	3	4	5	6	7	8	9	10
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Meaning & Sense of Connection –

Do you feel connected to something larger than yourself?"

1	2	3	4	5	6	7	8	9	10
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Coping & Relationship with Substances –

Do you use habits or substances in ways that support rather than suppress you?

1	2	3	4	5	6	7	8	9	10
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Career Growth & Learning Journey –

Do you feel engaged, learning, and progressing in your work or passions?

1	2	3	4	5	6	7	8	9	10
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Financial Steadiness –

Do you feel stable and empowered in your relationship with money?

1	2	3	4	5	6	7	8	9	10
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Life Logistics & Legal Wellbeing –

Do you feel steady and organized with your life responsibilities?

1	2	3	4	5	6	7	8	9	10
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Physical Vitality Movement –

Does your body feel capable, mobile, and comfortable?

1	2	3	4	5	6	7	8	9	10
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Boundary Direction



Choosing a direction your system can support right now

Once you've named what you're carrying,

this page helps you choose a boundary direction that feels workable given your current load.

Name your goal in a way your body can believe.

(Example: "I'll begin walking 10 minutes each morning" instead of "I'll exercise daily forever.")

Think of it as setting direction, not pressure. Progress that feels doable is progress that lasts.

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C

What would holding this boundary look or feel like in real life?

What would 'enough' look like here — not perfect?"

M
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R
A
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L
E

What would tell you this boundary is feeling more workable?

What signs would show your system isn't having to override itself as much?"

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What patterns make this boundary harder to maintain?

What support would help you stay steadier when pressure shows up?

R
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V
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T

What makes this direction meaningful for you?

What deeper value or vision does it serve in your life?

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D

When would it feel supportive to check in with yourself again?

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When might you pause and notice whether this direction still fits?