FREE FAMILY AND RELATIONSHIPS WORKSHEET

Honouring your family *and yourself*

You can love your family deeply and still need boundaries. Many of us grow up with strong family expectations about roles, privacy, success and loyalty. Boundaries are not rejection. They are how you stay connected without losing yourself.

What my family expects of me

roles, career, faith, marriage, money, keeping things private

What I value and want for myself

Where do they clash?

Where do family expectations and your own values pull you in different directions?

Boundary scripts you can borrow

When you need time
"I love you, and I can't talk about this right now. Can we pick it up on Sunday?"

When advice turns to pressure
"I hear that you care. This is my decision to make."

When you can't say yes
"I can't help with that this time, but I can help with this."

When your privacy matters
"That's something I'm keeping private for now. I hope you can respect that."

FAMILY BOUNDARIES WORKSHEET

Talking to your family about therapy

In many families, mental health is misunderstood or kept private. You don't owe anyone an explanation, but if you choose to share, these ideas can help.

1 Decide what you want to share

You can share a lot, a little or nothing at all. "I'm talking to someone to help me manage stress" is enough.

2 Pick a calm moment

Avoid holidays, arguments or rushed calls. Choose a time when you both have space.

3 Use words that fit your family

Some families hear "counsellor," "someone to talk to" or "taking care of my health" more easily than "therapy."

4 Expect some worry

Questions like "Is something wrong?" or "What will people think?" often come from fear, not rejection.

5 Hold your ground kindly

"I know it's different from how we were raised. It's helping me, and I'm going to keep going."

6 Find support elsewhere too

If family can't understand yet, lean on friends, community or your therapist.

A boundary I want to set

Who I will say it to, and when

How I will take care of myself afterwards

People who support my healing

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist