

## P.A.D. Boundary Plan

**By using enforceable statements to set boundaries you can avoid the trap of trying to control something you really can't control.**

Unenforceable statements tend to include:

- You need to...
- You should...
- You will...

**P.A.D. your boundaries. Rather than telling others what to do, tell them what you will:**

- Provide
- Allow
- Do

### Example:

Person(s)

Eric

Check your best approach to set this boundary:

I'm willing

I'm not willing

I choose

I don't choose

I prefer

I prefer not to

Provide:

I'm willing to provide you with a ride to work while your car is in the shop.

Allow:

I don't allow anyone to talk to me disrespectfully.

Do:

I prefer we talk about one problem at a time.

**Person(s)**

**Check your best approach to set this boundary:**

**I'm willing**

**I'm not willing**

**I choose**

**I don't choose**

**I prefer**

**I prefer not to**

**Provide:**

**Allow:**

**Do:**

**Person(s)**

**Check your best approach to set this boundary:**

**I'm willing**

**I'm not willing**

**I choose**

**I don't choose**

**I prefer**

**I prefer not to**

**Provide:**

**Allow:**

**Do:**



**Person(s)**

**Check your best approach to set this boundary:**

**I'm willing**

**I'm not willing**

**I choose**

**I don't choose**

**I prefer**

**I prefer not to**

**Provide:**

**Allow:**

**Do:**

**Person(s)**

**Check your best approach to set this boundary:**

**I'm willing**

**I'm not willing**

**I choose**

**I don't choose**

**I prefer**

**I prefer not to**

**Provide:**

**Allow:**

**Do:**

