

GUILT -TO-CONFIDENCE

Worksheet



Practise the scripts + mindset shifts from the blog so you can set boundaries with confidence, not guilt.



Mindset Reframes

Use these prompts to challenge guilt and shift perspective.

Prompt 1: “The boundary I feel guilty about is...”

“If my best friend set this boundary, I would tell her...”

Prompt 2: “This boundary protects my child by...”

Prompt 3: “When I say no, what I’m really saying yes to is...”



Calm Check-In

When guilt creeps in, pause and ask yourself:

- Am I setting this boundary for punishment or for peace?
- How will this boundary protect my energy and my child's stability?
- What do I want my child to learn by watching me handle this?



Practise the Scripts

Rehearse these and adapt them to your situation.

Child-Focused Language

Instead of: *"You're stressing me out with these changes."*

Try: *"[Child's name] copes better when plans are stable. Can we stick to what we agreed, or give each other 24 hours' notice?"*

In my own words...

Communication Rhythm

"Would you be open to a weekly check-in? Sundays around 6pm works for me. That way we stay aligned without texting constantly."

In my own words...



Teamwork Reframing

"I've noticed handovers feel rushed. Could we agree on a 10-minute buffer so [child] doesn't feel caught in the middle?"

In my own words...

Reframe & Replace

When guilt says: "I'm being selfish"

Replace with: "Looking after me IS looking after my child."

When guilt says: "I'm the bad parent"

Replace with: "Clear boundaries make me a calm parent."

Add your own...

Guilt thought:

Confidence reframe:

Your Action Step

Pick one boundary you'll practise this week. Write it below and commit to testing just one change.

"This week I will..."