

WB 2.10 — Co-Created Boundaries

Use with Chapter 10 (The Team), Part 3 in the manual, Chapter 9 in Shoulder the Bill.

Purpose Support that only runs one way stops being peer support and becomes a role. This page builds the arrangement with the other person instead of for them — what each of you offers, what is off-limits, and how it gets revisited before it turns into resentment.

How to use this page

When: Complete while you are both regulated, before it is needed. If the relationship already feels lopsided, that is the signal to use it now.

Done when: You have filled both sides — yours and theirs — and agreed how the arrangement gets reviewed.

Worked example

What I can offer: most evenings, and a lift to appointments if I have notice.

Off-limits for me: late-night calls, and I am not the person for money conversations.

What they asked for: “mostly just don’t try to fix it.” What I get: I am less alone with my own week.

Anchor Phrase: ‘We do this together.’

Protocol: 1. What I offer. 2. What is off-limits. 3. Ask both questions back. 4. Name what I get. 5. Agree the review.

Loop stage: Connect → Recover

The person this is with:

What I can offer — specific, with honest limits:

What is off-limits for me — topics, times, formats. I do not have to justify these:

What they said they actually want from me (ask — do not assume):

What they would rather I did not do: