STARTER GROUNDING & BOUNDARY AUDIT

A grounded clinical toolkit for anxiety stabilization, burnout assessment, and boundary protection.

PART 1: 5-MINUTE SOMATIC GROUNDING (THE 5-4-3-2-1 RESET)

When anxiety spikes, your nervous system triggers fight, flight, or freeze. Grounding bypasses racing thoughts and communicates physiological safety directly to your body.

5	**SEE:** Look around and name 5 specific things you can see (e.g., light reflection, a shadow, a pattern on the rug, a picture frame, a plant).
4	**FEEL:** Notice 4 physical textures or contact points (e.g., your feet grounded on the floor, texture of your sleeves, back against chair, phone in hand).
3	**HEAR:** Identify 3 distinct auditory sounds (e.g., distant traffic hum, refrigerator buzz, air circulating, birds outside).
2	**SMELL:** Notice 2 distinct scents around you, or inhale an intentional calming scent (e.g., coffee, essential oil, fresh air, clean laundry).
1	**ANCHOR:** Name 1 positive or neutral truth about this moment: *"Right now, in this second, I am safe and my breath is here with me."*

PART 2: BURNOUT & OVER-FUNCTIONING SELF-CHECK

Check the boxes that reflect your current daily reality over the last two weeks:

[ ]	You wake up feeling physically or mentally depleted, even after a full night of sleep.
[ ]	You habitually say "yes" to extra requests out of guilt or fear of appearing uncommitted.
[ ]	You feel emotionally numb, detached, or easily irritated by routine conversations.
[ ]	You struggle with creative paralysis—delaying projects until they can be done "perfectly."
[ ]	You experience physical tension: clenched jaw, tight neck/shoulders, or shallow breathing.
[ ]	You carry excessive responsibility for other people's emotional comfort and outcomes.

Clinical Insight from Myisha: *If you checked 3 or more boxes, you are experiencing systemic nervous system fatigue—not a lack of discipline. You do not need to push harder; you need structured holding space and restored boundaries.*

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PART 3: 3 WORD-FOR-WORD BOUNDARY SCRIPTS

Boundaries are not walls; they are the distance at which I can love you and still be me. Use these exact scripts to decline requests cleanly without apologizing or over-explaining.

1. Workplace & Professional Capacity (Declining Extra Demands)

When to use: Use when your supervisor, client, or colleague asks you to take on additional work beyond your capacity.

Script: *"I appreciate you thinking of me for this. Given my current project priorities and deliverables, I do not have the capacity to take this on right now without compromising quality. I am happy to revisit this once [Current Milestone] is complete."*

2. Friends & Family (Protecting Emotional Energy)

When to use: Use when loved ones ask for social time or emotional labor when your battery is completely drained.

Script: *"I love you and want to be fully present with you, but my social battery is at zero tonight. I am taking this evening to rest and recharge. Let's get together this weekend instead."*

3. The "Buying Time" Script (Preventing Knee-Jerk Yes)

When to use: Use immediately in the moment when someone puts you on the spot before you can assess your true capacity.

Script: *"Thank you for reaching out with this opportunity. Let me review my schedule and commitments today, and I will follow up with you tomorrow morning with a clear answer."*

DO THE WORK. CHANGE EVERYTHING.

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