

❤️ BONUS GIFT – Just for You

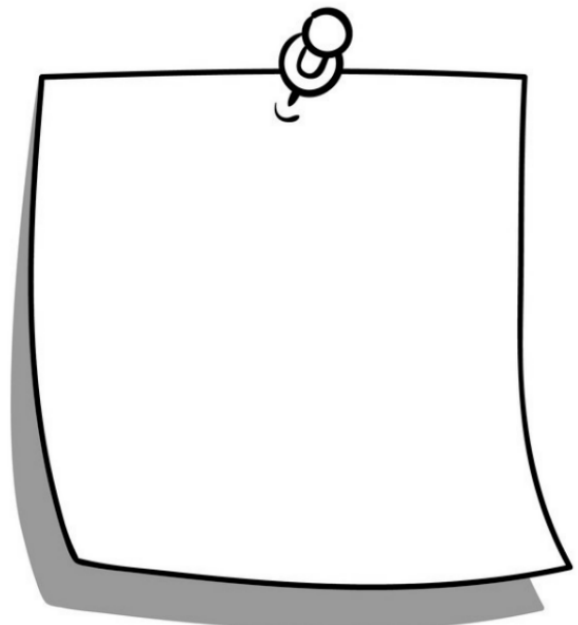
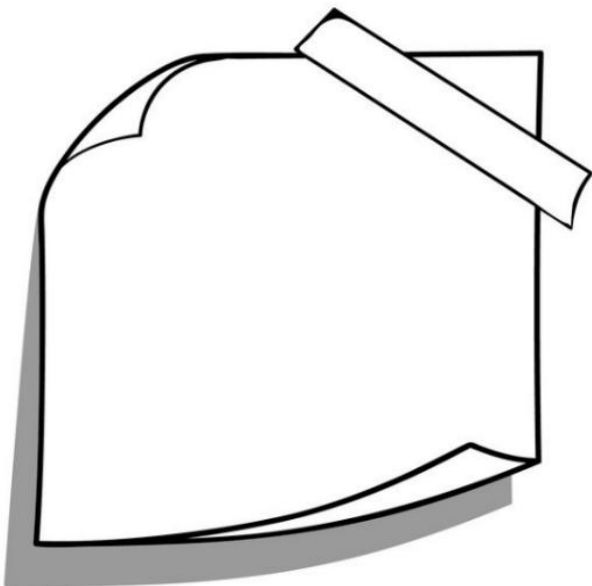
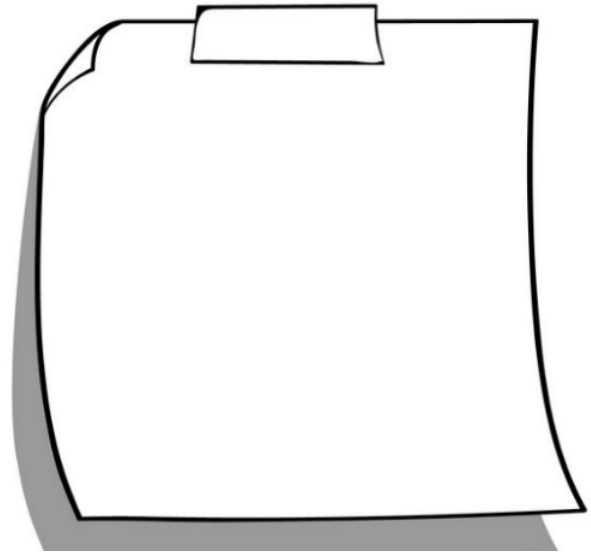
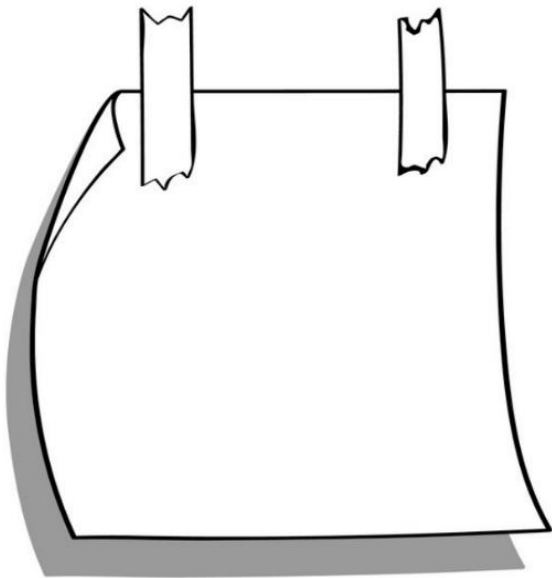
Because setting boundaries takes courage, here's a little something extra to support your journey.

📄 Give Yourself Permission

Use these slips as reminders when guilt, doubt or pressure starts creeping in.

- ✓ Write in your own permission
- ✓ Or use one from the workbook
- ✓ Keep them visible—on your mirror, fridge, journal or desktop

You don't need anyone's approval to honor your needs. Start with your own.

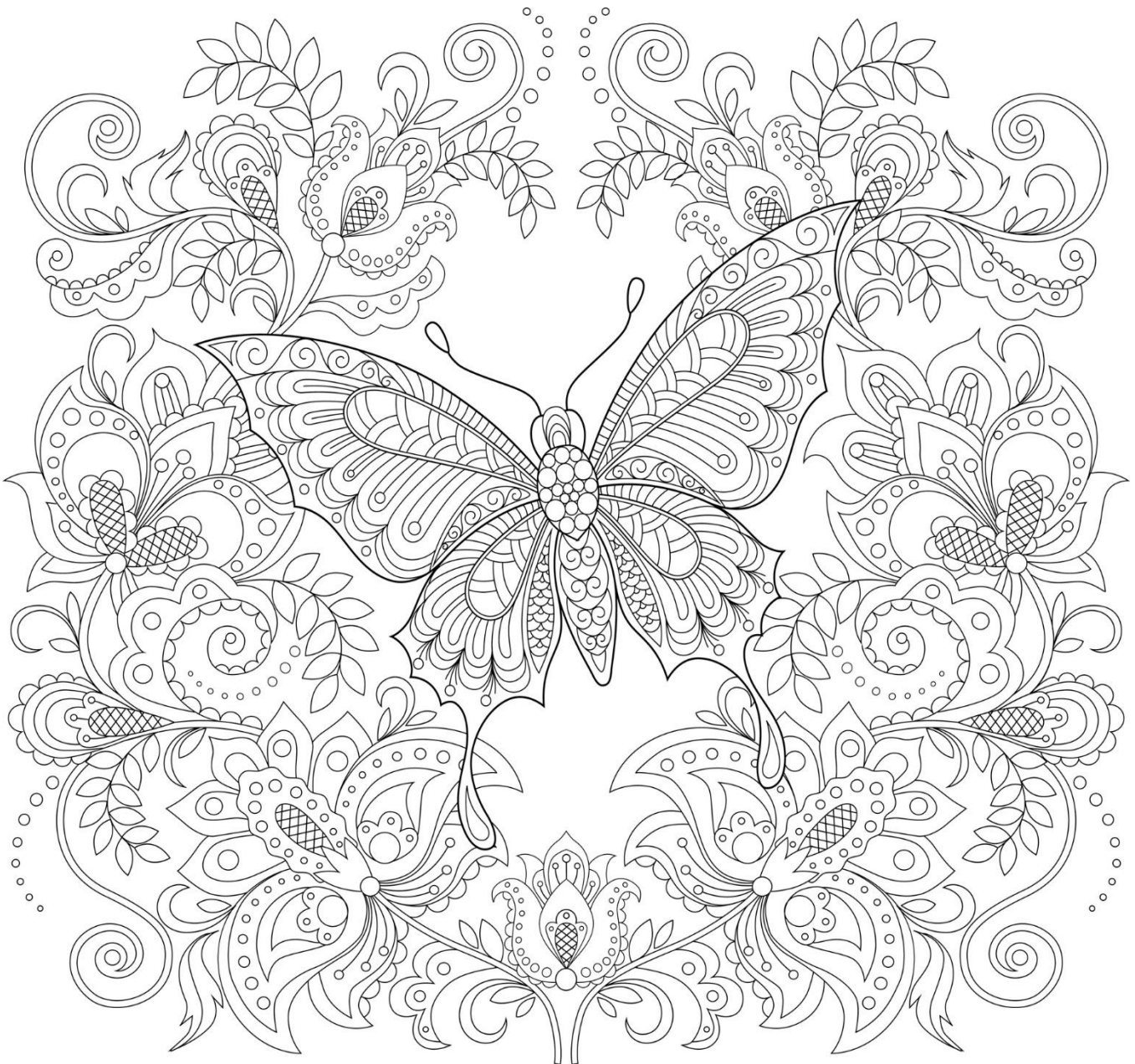


✦ Why Coloring Helps Calm the Anxious Spirit

Coloring isn't just a creative outlet—it's a simple yet powerful way to regulate your nervous system. When you're feeling overwhelmed or anxious, engaging in a quiet, repetitive activity like coloring helps shift your focus away from racing thoughts and into the present moment. It gently activates the brain's relaxation response, lowers cortisol levels, and creates a meditative rhythm that soothes emotional intensity.

As a stepmom, you carry a lot—mentally and emotionally. Coloring can offer you a few moments of peace, grounding, and calm. There's no right or wrong way to do it. Just choose a color, breathe, and let your nervous system reset while your hands do the work.

This is your time to pause, reconnect with yourself, and simply *be*.





● **Boundary Scripts for Tough Conversations**

Say what you mean—without starting a war.

These scripts are designed to help you express your needs clearly and compassionately. Adjust them to fit your tone and situation.

💬 **With Your Partner**

Scenario: When you feel unsupported or unseen

“I know this isn’t easy for either of us, but I need to feel like we’re on the same team. When you [example: dismiss how I feel], it makes me feel alone. Can we talk about how we can better support each other?”

Scenario: Setting house rules together

“It’s important to me that we’re consistent with the rules, even if we were raised differently. Can we go over the most important ones together so we’re united?”

💬 **With Your Stepchild**

Scenario: When you’re feeling disrespected

“I want us to get along, and I also need to feel respected in my own home. Let’s talk about how we can make this work for both of us.”

Scenario: When your stepchild tests limits

“I care about you and I’m here for you. At the same time, there are certain things I won’t accept, like [disrespectful behavior]. Let’s find a way we can both feel safe and heard.”

💬 **With the Ex (or Navigating Communication Boundaries)**

Scenario: When the ex oversteps

“For clarity and smoother communication, I’d prefer that scheduling and parenting decisions go through [your partner’s name]. I’m stepping back so you two can handle this directly.”

Scenario: When you’re being put in the middle

“I’m not comfortable being the go-between. I’d like for the two of you to sort this out directly, and I’ll support whatever you decide together.”

💬 **With Yourself**

Scenario: When guilt creeps in

“It’s okay to want peace and space for myself. I can care about others and still set limits that honor my well-being.”