

A contact and boundary plan

This worksheet helps you write down a choice about your own contact. It does not tell you to leave, stay, block someone or wait a particular number of days. You can leave questions blank and change your plan.

1. Name the situation

A period of space, limited contact and one planned conversation are different choices. Shared responsibilities may require a practical channel.

What am I deciding about?

What contact is necessary, if any?

2. Make the boundary usable

Focus on what you will do. Another person may disagree; a boundary is not a way to control their response.

Which channel and topics fit this situation?

What will I say or do if the conversation moves outside that purpose?

3. Choose the next action

A short, specific plan can be easier to follow than a rule for the rest of your life. Necessary contact is not a failure or a reset of progress.

My next action, and when I will take it:

Who or what could support me? When might I review this plan?

Support and scope

If there are threats, coercion or unwanted monitoring, a general worksheet cannot assess your safety. Consider an advocate or a safety-planning service before making changes that may affect your safety.

Support options: attachmentshift.com/support

Background reading: [National Domestic Violence Hotline: safety-planning guidance](#). The worksheet is original; a source link is not an endorsement or validation of this exercise.

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