

JUST JELLY UNFILTERED

Starting Over *with* *Healthy* *Boundaries*

*For the recovering people pleaser creating
healthier relationships, clearer
communication, and safer connection while
starting over.*

Emotional Boundaries · Communication Boundaries
Social Media Boundaries · Nervous System Awareness

*Start over slowly. Start over wisely.
Start over with healthy boundaries.*

Ten boundaries for *rebuilding connection*

1

EMOTIONAL BOUNDARY

You do not owe immediate access to your full story.

WHY IT MATTERS

Midlife friendships can get deep fast because everyone is carrying something: divorce, estrangement, burnout, reinvention, grief, loneliness. Vulnerability is beautiful, but oversharing too early can create false intimacy. Some people are meant to know pieces of your story slowly, not all at once. Healthy trust is built over time through consistency, safety, and emotional maturity.

WHAT IT PROTECTS

Your emotional safety, discernment, nervous system, and the natural pace of trust.

REMINDER

Trust should unfold in layers. Safe people will not rush your vulnerability.

SCRIPTURE

Proverbs 4:23 — “Guard your heart above all else, for it determines the course of your life.”

2

EMOTIONAL BOUNDARY

You can be open without giving everyone full access.

WHY IT MATTERS

Vulnerability without discernment can create emotional exhaustion and blurred relationships. Not everyone has earned proximity to your private world.

WHAT IT PROTECTS

Your healing, peace, and emotional capacity.

REMINDER

Safe people respect gradual trust.

SCRIPTURE

Proverbs 13:20 — “Walk with the wise and become wise.”

3

FRIENDSHIP BOUNDARY

You do not have to audition for belonging.

WHY IT MATTERS

People-pleasing can turn connection into performance. Healthy relationships should not require you to shrink, overperform, or prove your worth constantly.

WHAT IT PROTECTS

Your identity, confidence, and self-respect.

REMINDER

Healthy relationships should not require self-abandonment.

SCRIPTURE

Galatians 1:10 — “Am I now trying to win the approval of human beings, or of God?”

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FRIENDSHIP BOUNDARY

You are allowed to change your mind about people.

WHY IT MATTERS

Sometimes your body recognizes misalignment before your mind fully understands it. Growth changes discernment.

WHAT IT PROTECTS

Your emotional safety and self-trust.

REMINDER

You do not owe permanent access because someone was once kind.

SCRIPTURE

1 Corinthians 15:33 — “Bad company corrupts good character.”

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SOCIAL MEDIA BOUNDARY

Not everyone needs access to every platform.

WHY IT MATTERS

Different social media platforms hold different levels of personal access and emotional intimacy. Giving someone access too quickly can blur personal and public boundaries.

WHAT IT PROTECTS

Your privacy, family, identity, emotional space, and peace.

REMINDER

Access is not intimacy.

SCRIPTURE

Matthew 7:6 — “Do not throw your pearls to pigs.”

6

SOCIAL MEDIA BOUNDARY

You do not have to post every new relationship.

WHY IT MATTERS

Public visibility can create pressure and perceived closeness before trust is fully built. Some relationships grow better quietly.

WHAT IT PROTECTS

The natural pace of trust and the privacy of what is still growing.

REMINDER

Some relationships deserve roots before an audience.

SCRIPTURE

Ecclesiastes 3:7 — “A time to be silent and a time to speak.”

7

COMMUNICATION BOUNDARY

You do not have to respond immediately.

WHY IT MATTERS

Constant urgency creates emotional exhaustion and unhealthy expectations in relationships.

WHAT IT PROTECTS

Your mental space, communication rhythms, and nervous system.

REMINDER

Urgency is not always connection.

SCRIPTURE

Psalm 46:10 — “Be still, and know that I am God.”

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COMMUNICATION BOUNDARY

You do not have to explain every boundary.

WHY IT MATTERS

Overexplaining is often rooted in fear of disappointing people or being misunderstood. Boundaries do not need endless justification.

WHAT IT PROTECTS

Your confidence, emotional energy, and self-trust.

REMINDER

A healthy boundary does not require a courtroom defense.

SCRIPTURE

Matthew 5:37 — “Let your ‘Yes’ be yes, and your ‘No,’ no.”

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NERVOUS SYSTEM BOUNDARY

You do not have to be constantly available.

WHY IT MATTERS

Over-availability often comes from fear of disappointing people or losing connection. Constant accessibility can quietly teach others to expect unlimited emotional access to you.

WHAT IT PROTECTS

Your peace, emotional regulation, routines, and mental capacity.

REMINDER

Being kind does not mean being endlessly accessible.

SCRIPTURE

Mark 1:35 — “Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.”

10

NERVOUS SYSTEM BOUNDARY

Pay attention to how your body feels around people.

WHY IT MATTERS

Your nervous system often notices unsafe dynamics before your thoughts can explain them. Anxiety, confusion, and constant tension are signals worth listening to.

WHAT IT PROTECTS

Your peace, clarity, and emotional regulation.

REMINDER

Your body is not betraying you. It may be trying to protect you.

SCRIPTURE

Colossians 3:15 — “Let the peace of Christ rule in your hearts.”

“Starting over does not mean starting over without discernment.”

“Not everyone who has access to you deserves intimacy with you.”

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Start over with healthy boundaries.*