



Boundary Bridge Script Bank

Purpose: To help adults set clear, compassionate limits – without shame, disconnection, or power struggles.

This tool gives you practical language to use in schools, programs, homes, or therapy sessions.

Use it to replace reactive moments with relational ones.

Adult → Youth Boundaries

These statements communicate clarity + safety.

- "I'm not okay with that language. Here's what we can do instead."
- "This space needs to stay safe. That means no pushing or yelling."
- "I hear that you're frustrated. It's still not okay to throw things."
- "Here's what I can offer: we can talk about it calmly, or take a break and try again."
- "It's okay to feel angry. It's not okay to hurt people when we're angry."
- "You don't have to like this rule, but it still stands."

Adults Modeling Boundaries for Themselves

Use these to protect your own regulation + model emotional responsibility.

- "I'm going to step away for a moment and come back when I'm ready to talk clearly."
- "I care about you and I'm not going to yell. Let's take a pause."
- "I'm not available for sarcasm or yelling. I'll be ready when we can talk respectfully."
- "I need a moment to breathe before I respond – I want to get this right."
- "I want this conversation to be helpful, not hurtful. Let's start over."

Repair Scripts (After Pushback or Disconnection)

These statements reconnect the relationship while still holding boundaries.

- "That didn't go how I hoped. I care about you, and I want us to try again."
- "We both had some hard feelings there. Let's talk about what needs to happen next."
- "I still care about you...and I still need us to follow through."
- "I'm sorry for the way I said that. I meant the boundary-not the tone."
- "Let's rewind. What do you need right now? What do I need?"

How to Use This Script Bank:

These statements reconnect the relationship while still holding boundaries.

- "That didn't go how I hoped. I care about you, and I want us to try again."
- "We both had some hard feelings there. Let's talk about what needs to happen next."
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- "Let's rewind. What do you need right now? What do I need?"