

Boundaries with Love

12 SCRIPTS FOR HARD CONVERSATIONS

A resource by JoyFilled, as recommended on the Joyfully Raising
Grands Podcast by Laura Leigh

Joyfully Raising Grands
PODCAST



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Situation	Scripted Response
Unsolicited parenting advice	"Thanks for sharing your thoughts. I've chosen what works best for [child's name] and our situation."
Push for more birth parent access	"Right now, stability is key. Contact will be limited until it can happen in a safe, healthy way."
Criticism of discipline methods	"I've found this approach works best for [child's name]. I ask that you support our decisions."
Disregarding bedtime routine	"Our bedtime routine helps [child's name] feel secure. Please help us keep it consistent."
Overstepping financial boundaries	"We're managing financial and legal decisions. Your emotional support means a lot right now."
Comments on child's therapy/counseling	"Therapy has been really helpful for [child's name]. We're following professional advice."
Pressure to attend family gatherings	"Thanks for the invite. We're taking things slow right now to avoid overwhelming [child's name]."
Disrespecting dietary restrictions	"We're avoiding certain foods for health reasons. Please check with me before offering treats."
Questioning legal decisions (school, medical)	"I'm making choices in line with my legal responsibility. Thanks for understanding."
Repeatedly interrupting routines	"Our routine is part of what helps [child's name] thrive. I need us all to respect it."
Disparaging the birth parents	"We're focusing on love and healing, not blame. Let's keep the conversation positive."
Insisting on gifts or rewards you don't approve	"We're simplifying things right now. Please run any gifts by me first so we stay consistent."