

Boundary Scripts (Gentle + Clear)

Quick Formula

No + Because + Alternative (if you want).

Starter Scripts

Use: No + Because + Alternative. Keep it kind and clear. Examples: • “I can’t take this on right now. Because my schedule is full. I can help next week with one task.” • “I won’t discuss this by text. Because it’s important. Let’s talk tomorrow after 6.” • “I’m not comfortable with jokes about that. Please stop.” • “I’m choosing a quiet evening tonight. I’ll join next time.” • “That doesn’t align with my values. I’m going to pass.” • Family: “I love you, and I’m not available to talk about marriage right now.” • Work: “Thanks for asking. I can do A or B by Friday, not both.” • Social: “I’m leaving at 9 tonight.”

Write Your Own

Practice: write your own 3 go-to scripts below.
