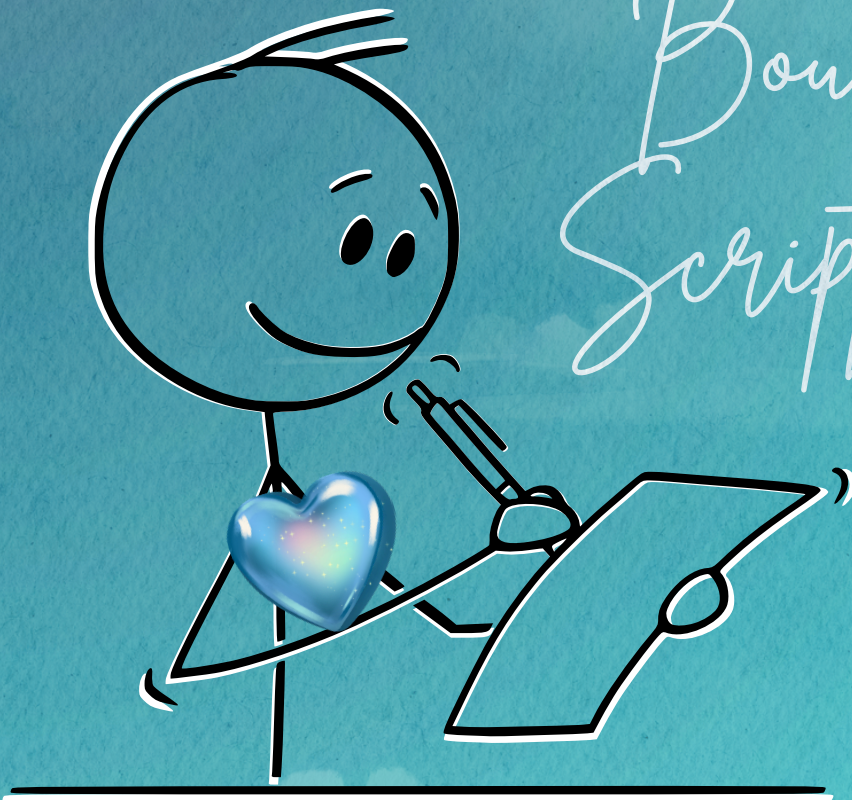




Boundary Script Pack



A clean workbook for healing codependency
over-functioning and self-abandonment

Own Your Shit

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Boundary Script Pack

A clean workbook for healing patterns of codependency, over-functioning and self-abandonment

How to Use This Workbook

Use these scripts as templates, not commandments. You don't need to sound robotic to have a boundary. You do need to sound clear. A good boundary usually has three parts:

What is happening | What I will do | What happens next if it continues.

- Keep it short. Do not over-explain.
- Do not argue your right to have limits.
- A boundary is about what you will do, not what you can hope someone else will do.
- Notice what's happening within YOU, make a choice to respond rather than react.

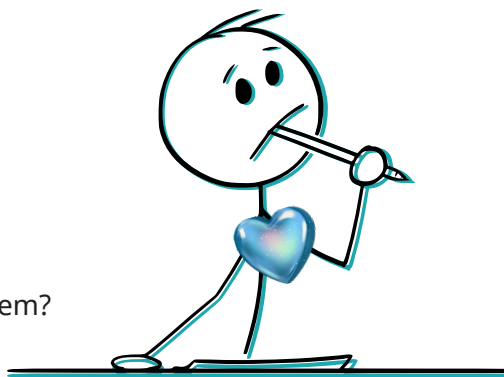
- Core boundary formula

When ___ happens, I feel ___. If it continues, I will ___. If you would like, we can ___ instead.

Example: When yelling starts, I shut down. If it continues, I will leave the conversation. We can try again when things are calmer.

Before You Use a Boundary Script

- What am I actually available for?
- What am I no longer willing to tolerate?
- What action will I take if this continues?
- Am I stating a boundary, or am I trying to control them?



Remember

- A boundary is not: 'You need to stop doing that'.
- A boundary is: If that keeps happening, I will leave, pause, not participate, or end the conversation.

1. Time and Energy Boundaries

When someone expects immediate access to you

- I am not available to respond right away every time. I will reply when I can.
- I am offline for the rest of the evening. I will come back to this tomorrow.
- I am not able to be on call like this. If something is urgent, please handle what you can first.

Your version:

When someone monopolises your time

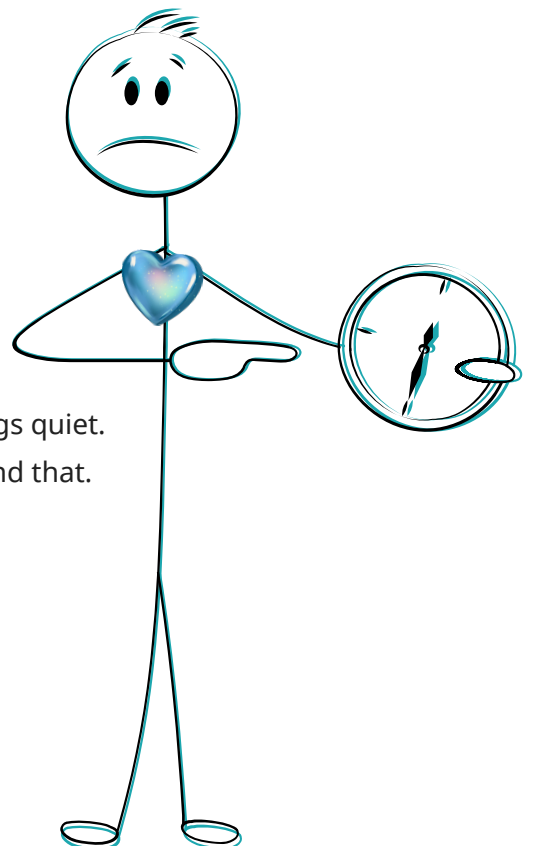
- I can talk for 15 minutes, then I need to go.
- I am not available for a long call tonight.
- I want to be honest that I do not have the capacity for this conversation right now.

Your version:

When you need rest without guilt

- I am resting tonight and not making plans.
- I am taking care of myself this weekend, so I am keeping things quiet.
- I am not available, and I am not going to explain myself beyond that.

Your version:



2. Emotional Boundaries

When someone dumps on you constantly

- I care about you, and I am not able to hold all of this right now.
- I can listen for a little while, but I cannot be your only support.
- This sounds important, and I think it needs more support than I can give.

Your version:

When someone wants you to regulate their feelings

- I hear that you are upset. I am not able to fix that for you.
- I am willing to talk, but I am not willing to take responsibility for your emotions.
- I can care about how you feel without taking that on as my job.

Your version:

When someone guilt-trips you

- I understand you are disappointed. My answer is still no.
- I am not changing my decision because you are upset.
- You are allowed to feel how you feel. I am still keeping this boundary.

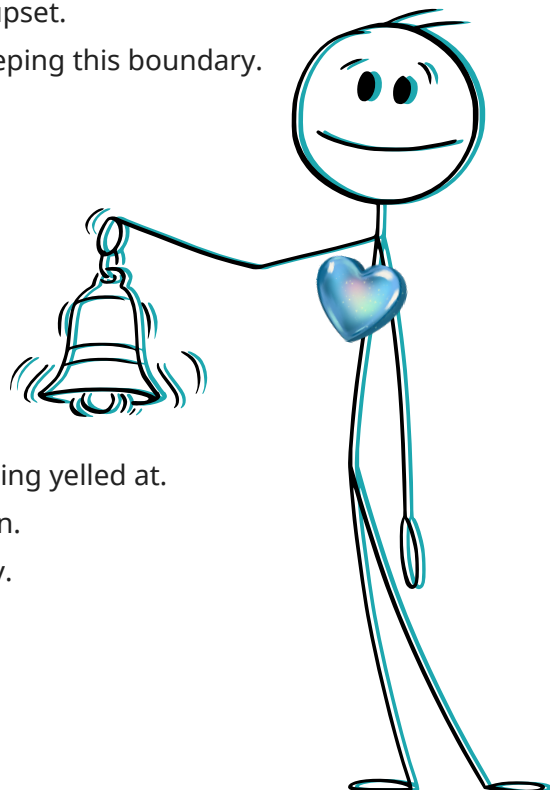
Your version:

3. Communication Boundaries

When someone raises their voice

- I am not staying in a conversation where I am being yelled at.
- If yelling continues, I am ending this conversation.
- I am willing to talk when we can do it respectfully.

Your version:



When someone is rude, sarcastic, or contemptuous

- I am not available for being spoken to like that.
- If the conversation stays disrespectful, I am stepping away.
- I will continue this when the tone changes.

Your version:

When someone keeps pushing after you said no

- I have already answered.
- My answer is no. I am not discussing it further.
- I am not changing my answer because it is being challenged.

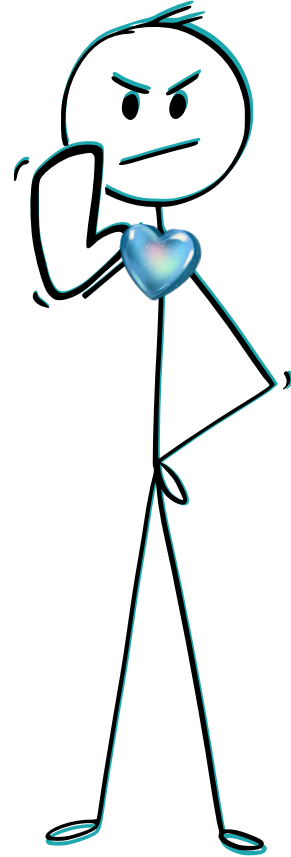
Your version:

4. Relationship Boundaries

When you are doing all the emotional labor

- I am noticing I am carrying most of the responsibility here, and I am no longer willing to do that.
- I need this relationship to include effort from both sides.
- If this continues to be one-sided, I will need to step back.

Your version:



When someone is inconsistent

- I am looking for consistency, not occasional effort.
- This does not work for me when it is only on your terms.
- If you are unsure, I am stepping back rather than staying in limbo.

Your version:

When someone is emotionally unavailable

- I am not available for a connection that only works when it is convenient for you.
- I want more than this dynamic can offer.
- I am no longer staying in something that keeps me confused.

Your version:

5. Family Boundaries

When family members pry

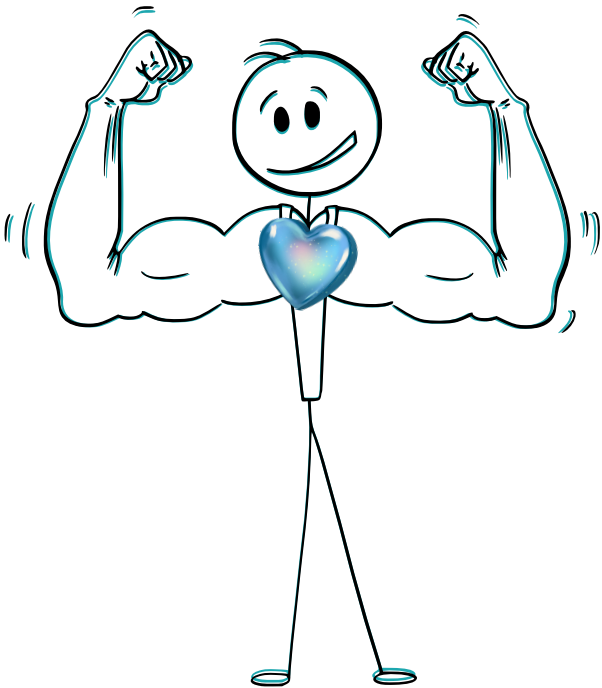
- I am not discussing that.
- I know you are curious, but I am keeping that private.
- That is not something I am available to talk about.

Your version:

When family expects automatic compliance

- That does not work for me.
- I am not able to do that.
- I know that may be disappointing, but I am still saying no.

Your version:



When visits become draining or disrespectful

- I am available for a short visit, not an open-ended one.
- If the conversation turns critical, I will leave.
- I am happy to visit when it feels respectful.

Your version:

6. Work Boundaries

When people expect unpaid extra labor

- I am not able to take that on without adjusting priorities.
- My workload is full. If this is urgent, we will need to decide what moves.
- I can help with this, but not in addition to everything already on my plate.

Your version:

When someone messages outside working hours

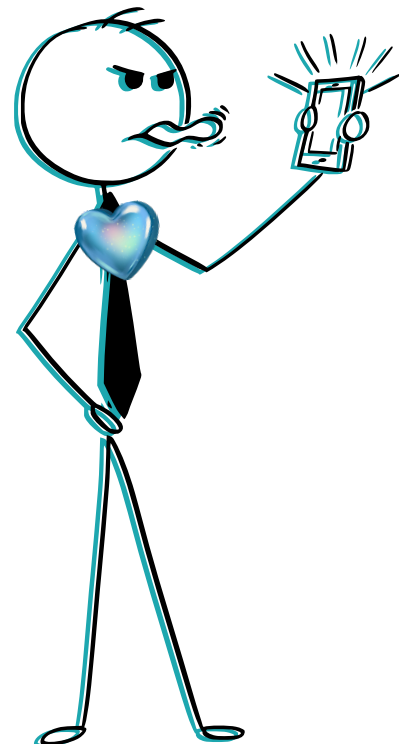
- I saw this and will respond during working hours.
- I am offline now. I will pick this up tomorrow.
- I am not available for work communication this evening.

Your version:

When a colleague is disrespectful

- I am happy to discuss the issue, but not in that tone.
- If this stays disrespectful, I am ending the conversation.
- Let us continue when we can speak professionally.

Your version:

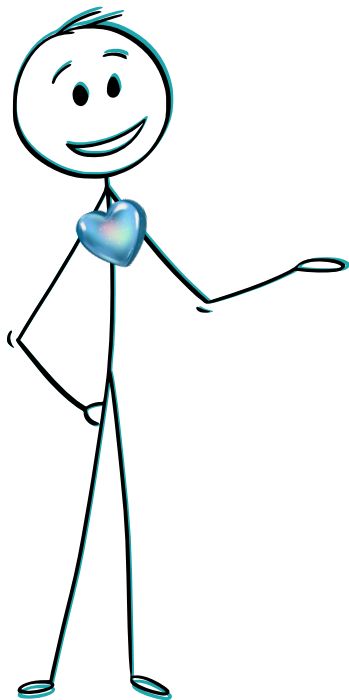


7. Boundaries Around Rescue and Over-Functioning

When someone wants you to solve a problem they should handle

- I trust you to handle this.
- I am not stepping in to solve that for you.
- I can offer one suggestion, but I am not taking this over.

Your version:



When you feel the urge to fix, chase, or manage

- I am feeling anxious, not responsible.
- Their discomfort is not my assignment.
- I do not need to earn safety by over-functioning.

Your version:

8. Breakup, Distance, and Detachment Scripts

When you need space

- I need some space and will not be in contact for a while.
- I am stepping back to take care of myself.
- I am not available for this dynamic anymore.

Your version:

When you need to stop circular conversations

- We have gone over this, and I am not continuing the loop.
- This conversation is not productive anymore, so I am ending it here.
- I have said what I need to say.

Your version:

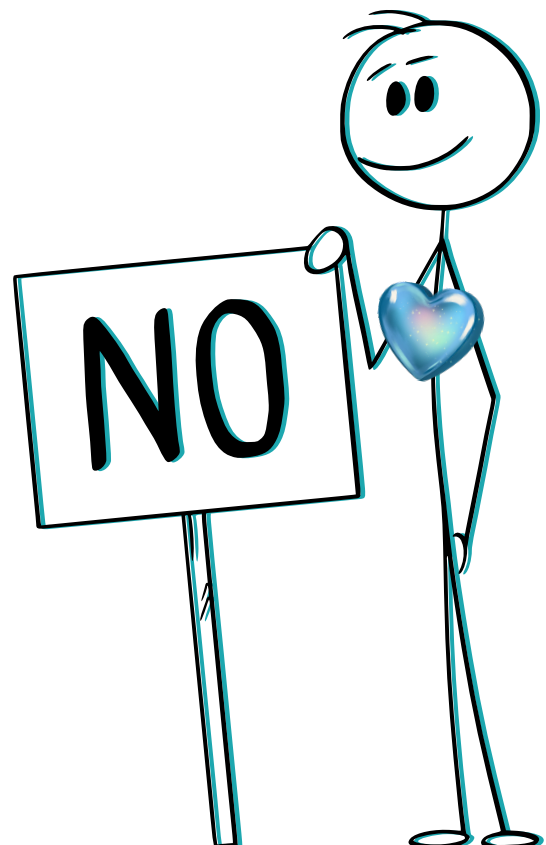
When you are ending contact

- For my wellbeing, I am ending contact.
- I am no longer available for this relationship.
- I am choosing not to continue contact, and I will not be debating that.

Your version:

9. Low-Drama Text Boundaries

- Not available.
- That does not work for me.
- No.
- I am stepping away.
- I am not discussing this.
- I have answered.
- We can revisit this later.
- I am done with this conversation for now.
- I am not the right person for this.
- Please make other arrangements.



10. If They Push Back

If they say	You can say
You have changed.	Yes. I am trying to be healthier in how I show up.
You are selfish.	Taking care of myself is not the same as rejecting you.
You used to do this.	I am making different choices now.
So you do not care?	I care, and this is still my boundary.
They keep arguing.	I am not continuing this conversation.

11. How to Say It Without Explaining Yourself to Death

- Say it once.
- Say it shorter the second time.
- Stop after that.

Example.

First response: I am not available to lend money.

Second response: I am still not available to do that.

Third step: stop responding, leave, or end the conversation.

Reality check

- You are not failing at boundaries if someone dislikes them. That is often when the boundary is real.

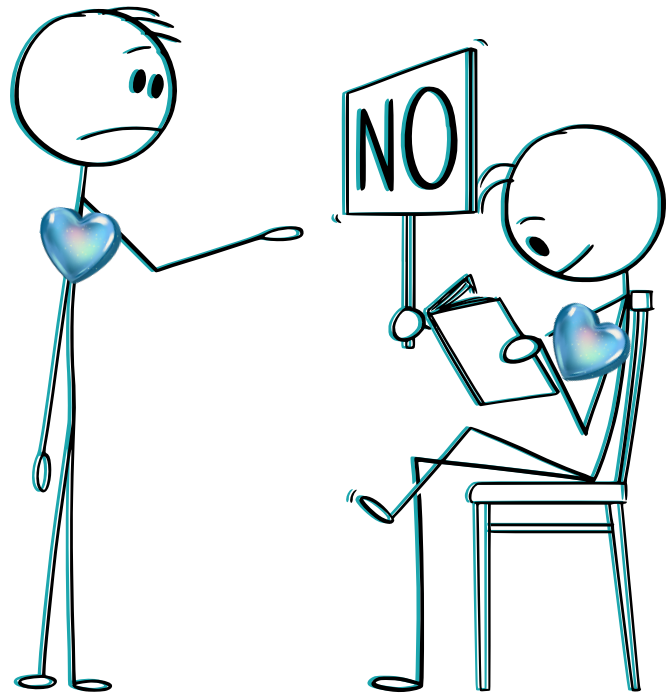
12. Build Your Personal Go-To Scripts

My no script:

My I need space script:

My do not speak to me like that script:

My I am not fixing this for you script:



My I am ending this conversation script:

13. Boundary Reminders

- A boundary is about your behavior, not controlling theirs.
- Clarity is kinder than resentment.
- Guilt does not mean you are doing something wrong.
- You are allowed to disappoint people.
- You are allowed to become harder to use.
- Love without self-respect turns into self-abandonment fast.

14. One-Page Emergency Boundary Prep

What is happening?

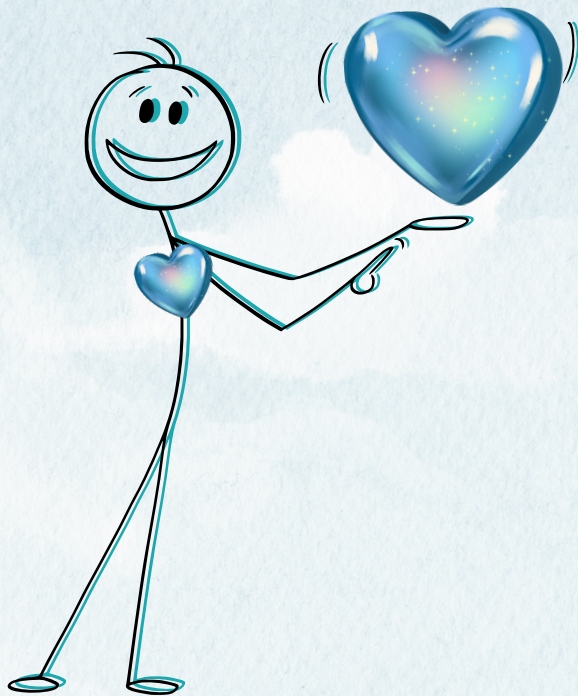
What do I need?

What is my boundary?

What action will I take if it is ignored?

What am I afraid of?

What do I want to remember?



15. Closing Commitment

I do not need to over-explain to deserve space. I do not need to rescue to deserve love.

I do not need to abandon myself to keep connection.

My boundary work right now is: