

Reframe Scripts

While you're thinking about 3 places or 3 relationships where you'd like to set a boundary, you can use these categories of Reframe script examples to get you started on how to communicate and set boundaries confidently.

Option 1: Expressing Unavailability

The following example scripts help communicate unavailability without feeling the need to over-explained or apologize.

1. "I would love to help, but my schedule is fully booked at the moment. I hope you find the support you need."
2. "I'm currently prioritizing other commitments, so I won't be able to participate. Thank you for considering me."
3. "This sounds like a wonderful opportunity, but unfortunately, I can't fit it into my schedule right now."

Option 2: Aligning with Your Values

These sample responses emphasize personal values and goals, making it clear that the decision is about alignment rather than rejection.

1. "I'm focusing on areas that are more aligned with my personal growth at this time, so I'll have to pass on this."
2. "This doesn't quite fit with my current focus, but I appreciate you reaching out."
3. "I need to honor my current priorities, which means I can't take this on right now."

Option 3: Offering Alternative Solutions

Try these script examples that not only state how you can decline an invitation gracefully, but also provide constructive alternatives while maintaining a positive relationship.

1. "I can't assist with this, but have you considered reaching out to [Name]? They might be able to help."
2. "I'm not the right fit for this project, but [Name] has the expertise you might be looking for."
3. "While I can't join, I recommend checking with [Name], who might have the time and interest."

Now, you can use something similar to these or create totally different ones. The key is to communicate boundaries with confidence and grace.