

Union of Saints, Quick Guide, Boundary Setting

1. Direct but Gentle Statement

- Example: “I’m not comfortable talking about this right now.”
 - Purpose: Clearly communicates your boundary without being confrontational.
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2. Optional Explanation

- Example: “Would you like me to explain why?”
 - Purpose: Gives them a choice—some people may need context to respect boundaries.
 - Follow-up if yes: You can provide XYZ reasons, e.g., emotional safety, past experiences, or simply that the topic is sensitive.
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3. Removing Yourself

- Example: “I’m going to step away from this conversation.”
 - Purpose: Protects your emotional energy if the boundary isn’t respected.
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Key Points

- Boundaries don’t require justification, but offering a brief explanation can sometimes help others understand.
- Always keep the option to disengage—it’s fully within your right to protect yourself.
- You are modeling assertiveness: you acknowledge your feelings and communicate them calmly.