

Polite Boundaries & Gentle Redirection Toolkit

Union of Saints

1. "I'm not really comfortable talking about that, because I care about the other person's feelings, but I do care about your feelings as well."
2. "That's a personal topic. Do you think we can keep that private please?"
3. "Can we focus on something more positive instead? What movie do you want to see tonight"
4. "I don't have all the details on that, maybe we can talk about something else."
5. "I prefer not to get into other people's personal matters."
6. "I'm more focused on solutions than gossip, can we do that?"
7. "I like to respect everyone's privacy, myself included."
8. "I'm not the best person to comment on that."
9. "That's not really my business, but I'm here to listen if you want to talk about your own experience."
10. "I try not to dwell on other people's private lives."
11. "I'd rather talk about things that help us grow or stay inspired."
12. "I want to keep our conversation positive and productive."
13. "That seems like a tricky situation; I'm going to step back from that topic."
14. "I'm focusing on things I can control in my own life right now."
15. "I don't usually share opinions on that, but I'd love to hear about your experiences."
16. "I try to stay out of drama—it keeps life simpler."
17. "I like to be mindful of privacy, including my own."
18. "I'd rather not comment on that, but how are *you* doing?"
19. "That's sensitive, so I'll leave it alone."
20. "I respect everyone's journey, so I avoid speculating about it."
21. "I'm not sure about that, but I'd love to hear how you've been feeling lately."
22. "I don't want to talk about them, but tell me what's been going on with you."
23. "That's not really my place to comment on, but I care about how you're doing."
24. "I'd rather focus on something positive — what's been good for you this week?"
25. "I try not to get into personal details about others, but I'm happy to listen to you."

26. "I can't speak to that, but how has that situation made you feel?"

27. "I respect everyone's privacy — including mine — but I want to hear your perspective."

28. "I'm not comfortable discussing that, but I'm curious about what's happening in your life."

29. "That seems complicated — tell me what you think or how you feel about it."

30. "I like to stay out of gossip, but I do want to check in with you — how are you?"

31. "I'm not the best person to comment on that, but I'm interested in your experience."

32. "I try to keep conversations kind — what's something meaningful for you right now?"

33. "I don't know the details, but I want to understand how you're feeling about it."

34. "I avoid talking about others' business, but I'd love to hear what's happening with you."

35. "I'd rather focus on feelings than facts — how are you processing things?"

36. "I can't speak to that, but I care about your side of the story."

37. "I like to keep conversations respectful — would you like to tell me how that's affecting you?"

38. "I try not to get involved in rumors, but I'm here to listen to your thoughts."

39. "I'm not sure about them, but I want to know how you're doing personally."

40. "I don't want to speculate about anyone, but what's something going on in your life right now?"

41. "What's been the highlight of your week?"

42. "How are you feeling about that personally?"

43. "What's been challenging or exciting for you lately?"

44. "I'd love to hear more about what you're working on."

45. "How are you coping with everything going on?"

46. "Is there anything you've been reflecting on recently?"

47. "What's been meaningful for you these days?"

48. "How can I support you right now?"

49. "What's something you've learned recently that stuck with you?"

50. "Tell me about something that's bringing you joy right now."

For more concerning issues related to safety, consult with a friend, that is what friends are for. It is a great thing to have a good friend we can trust and confide in, but certainly we want to remain respectful of people, their privacy and personal boundaries.