

“Sí, pero con límites”

5 Spanglish scripts to set loving limits—without guilt.

By Erika Martinez | *Boundaries Coach Latina*

How to use (30 sec):

1. **Micro-reset:** Inhale 4, exhale 6. Shoulders down, hand-to-heart.
 2. **Say it slow:** calm tone, warm eyes.
 3. **Repeat once:** then silence. (No over-explaining.)
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1) Home (household duties)

EN: “I’m not available for that tonight. I’ll help Saturday.”

ES: “No estoy disponible esta noche. Te apoyo el sábado.”

Boundary boost: Offer a *when*, not a *why*.

2) Mamá (multiple calls / pressure)

EN: “Ma, I love you. I can talk Sunday at 3.”

ES: “Ma, te amo. Puedo hablar el domingo a las 3.”

Boundary boost: Name love + give a specific time.

3) Work (after-hours request)

EN: “I’ll pick this up during work hours tomorrow.”

ES: “Retomo esto mañana en horario laboral.”

Boundary boost: Protect evenings—no apology needed.

4) Holidays (hosting / cooking expectations)

EN: “I’m attending this year, not hosting. Thanks for understanding.”

ES: “Asisto este año, no hospedo. Gracias por entender.”

Boundary boost: Clear role = calmer holiday.

5) Partner (last-minute plans)

EN: “Not tonight. Let’s plan for Friday so I can be present.”

ES: “Esta noche no. Planeemos para el viernes para estar presente.” **Boundary boost:** Protect energy + offer a concrete alternative.

Bonus phrases (short & gentle):

• **EN:** “That doesn’t work for me.” / **ES:** “Eso no me funciona.”

• **EN:** “I’m a no for today.” / **ES:** “Hoy es no.”

• **EN:** “I need notice.” / **ES:** “Necesito aviso.”

Micro-reset anytime: 4 in, 6 out. Shoulders down.

Mantra: *Amor con límites. Love with limits.*

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