



BroknOpen

NOT YOUR AVERAGE THERAPIST



REMEMBER:

A boundary communicates what YOU will or won't participate in. It is not a tool to control someone else's behavior.

WHAT DO I SAY? *Boundary Scripts*



Having words ready makes it easier to speak your truth and protect your peace.
Use these scripts as they are or adjust them to sound like you.

EVERYDAY BOUNDARY SCRIPTS



SAYING NO

- "No, I can't do that."
- "I appreciate the invite, but I'm going to pass."
- "No is a complete sentence."



NEEDING SPACE

- "I need some time to myself right now."
- "I want to continue this conversation, but I need some space first."
- "I'm not available for that right now."



NOT EXPLAINING

- "I don't feel comfortable discussing that."
- "I've shared what I'm comfortable with."
- "I'm not going to get into the details."



CHANGING THE SUBJECT

- "I'd rather not talk about that."
- "Can we talk about something else?"
- "I'm not open to that conversation."



PROTECTING YOUR TIME

- "I have other commitments."
- "That doesn't work for my schedule."
- "I'm not able to take that on right now."



EMOTIONAL BOUNDARIES

- "I'm not comfortable with how you're speaking to me."
- "I won't be yelled at."
- "I'm not okay with that."



WORK BOUNDARIES

- "I'm not able to take that on right now."
- "Please send that in writing."
- "I'm not available after work hours."



FAMILY & FRIEND BOUNDARIES

- "I love you, and I need to do what's best for me right now."
- "I'm not able to help with that."
- "I need you to respect my decision."



RELATIONSHIP BOUNDARIES

- "I need consistency and respect."
- "I'm not okay with that."
- "I need you to honor my boundaries."



DIGITAL BOUNDARIES

- "I don't check my phone after [time]."
- "Please don't tag me in things."
- "I need privacy in my online space."

IF SOMEONE PUSHES BACK



- | | | | |
|------------------|---|---|---|
| They argue | → | ♥ | "I understand this is hard for you to hear, but my boundary is firm." |
| They guilt trip | → | ♥ | "I'm not able to feel guilty for taking care of myself." |
| They ignore it | → | ♥ | "I said what I said. I need you to respect it." |
| They keep asking | → | ♥ | "I'm not going to change my answer." |

YOU DESERVE...

Respect. Peace. Space. Time. Support.

You are allowed to set limits without apology.



Reflection Prompt

Which script do you feel you need most right now?
