



Cheat Sheet: Using Words to Set Boundaries

Statement: You're Stupid/dumb etc.

Responses: Thank you for sharing your opinion.

Oh wow, I guess my IQ score was wrong then.

I consider myself intelligent.

Statement: You never listen to me!

Response: I am listening now.

Statement: You've gained/lost weight.

Response: I have?

Statement: You always (are late/do this)

Response: Always????

Statement: You're no fun!

Response: I didn't realize I was in charge of entertainment. Oops!

Statement: (not a statement, but situations of unwanted invitations, interruptions, time demands)

Response: I don't have the capacity for that right now.

My schedule is full.

Let's schedule a time that works for both of us.

No, not now. (this one is tough for empaths)

I have an appointment then.

Know this: your appointment can be anything you planned.

Statement: Do you go to church/know Jesus/ etcetera?

Response: Thank you for your concern, but my spiritual life is private.

Statement: Hi Beautiful, etc (unsolicited social media messages)

Response: NONE!

Statement: I hate (fill in the blanks) in regards to anything you love

Response: I love_____

Statement: Any gossip

Response: I am not comfortable discussing this.

Are they okay with you sharing this?

It's good catching up with you/seeing you, but I have to go.

Statement: Anything non-negotiable, like your morals, belief system, etc.

Response: Thank you, but you know what my beliefs are.

My heart cannot handle this right now.

My values do not align with that, but thank you for sharing.

I am not discussing this.

Be Aware: People behave through their own life experiences and/or programming. That does not mean you should remain in energy that gives you dis-comfort. Discomfort may lead to dis-ease. Protect your energy, but

attempt to do so with kindness. People do not know what they do not know.

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