



Boundary LOVE Sandwich

(a model for how to speak the truth in LOVE)

When sharing a boundary (or truth) in love, this template for a "triple-decker LOVE sandwich" is a good model to use: 3 layers of LOVE (bread) with a "citation" and an "invitation" in between. Here's how it goes:

(First time offense: Citation and Invitation)

♥♥ I love you, and I know you love me.

(CITATION): When you do _____,
it makes me feel _____.

♥♥ I LOVE you, and want our relationship to be the best!

(INVITATION): Therefore, I'd prefer _____
instead of _____, okay?

♥♥ I hope you can accept this and join me in improving our relationship.

When citing the "offense" or boundary infraction for the first time, there is no consequence given. But if it happens again (and again), then a consequence needs to be given, which is not meant to be punitive, but rather, protective of the person being offended.

(Second+ time offense: Adding a Consequence)

♥♥ I love you, and I know you love me.

(CITATION): I told you before that when you do _____,
it makes me feel _____.

♥♥ I LOVE you, and want our relationship to improve, so

(INVITATION): Once again, I'd prefer _____
instead of _____, okay?

(CONSEQUENCE) If this happens again, then my response will be to _____.

♥♥ I know you don't mean to hurt me, so I hope you can accept this and join me in improving.