



Boundary Script Templates

Setting Limits with Respect and Connection

Instructions:

Use the following templates to communicate your boundaries in various relationships while maintaining respect and connection. Modify the scripts to fit your personal style and situation.

General Boundary Template

"I value our relationship, and I want to be honest with you. I feel [emotion] when [situation], so I need [boundary]. I appreciate your understanding."

Example:

"I value our friendship, and I want to be honest with you. I feel overwhelmed when I receive texts late at night, so I need to keep my phone on silent after 9 PM. I appreciate your understanding."

Boundaries with Family

"I love and respect you, and I need to set a boundary around [situation]. I will [action] if this continues. I hope you understand."

Example:

"I love and respect you, and I need to set a boundary around discussions about my personal choices. If this continues, I will need to end the conversation. I hope you understand."

Boundaries in Romantic Relationships

"I care about us, and I want to be clear about my needs. When [situation] happens, I feel [emotion], so I need [boundary]. How do you feel about this?"

Example:

"I care about us, and I want to be clear about my needs. When I don't hear from you for days, I feel disconnected, so I need us to check in at least once a day. How do you feel about this?"





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Boundaries with Friends

"I really enjoy our friendship, and I want to be honest with you. I feel [emotion] when [situation] happens, so I need [boundary]. I hope we can work together on this."

Example:

"I really enjoy our friendship, and I want to be honest with you. I feel uncomfortable when our plans keep getting canceled at the last minute, so I need more notice if things change. I hope we can work together on this."

Boundaries at Work

"I want to maintain a professional and respectful workplace. I need [boundary] to do my best work. I appreciate your cooperation."

Example:

"I want to maintain a professional and respectful workplace. I need to take my lunch break without interruptions to recharge and be productive. I appreciate your cooperation."

Boundaries with Acquaintances & Social Circles

"I appreciate our connection, and I want to be upfront. I am not comfortable with [situation], so I will [action]. Thanks for understanding."

Example:

"I appreciate our connection, and I want to be upfront. I am not comfortable discussing personal finances, so I will change the topic when it comes up. Thanks for understanding."

Final Notes:

Feel free to adjust the language to fit your tone and personality.
Boundaries are about protecting your well-being, not controlling others.
Reinforce your boundaries calmly and consistently.

Reflection:

How did it feel to express your boundary in a respectful way?
Were there any challenges in delivering your message?
What adjustments can you make to ensure clarity and respect?