

Boundary Scripts for Brave Conversations

Clear language for protecting your peace without becoming cold.

Boundaries are not punishment. They are clarity. Use these scripts as starting points and adjust them so they sound like you.

When you need time before answering

Script

I hear you. I need some time to think before I respond. I will get back to you when I am clear.

Softer version

I care about this, and I do not want to answer from pressure. Let me sit with it first.

When you cannot take on another responsibility

Script

I am not able to take that on right now.

Softer version

I wish I had the capacity, but I do not have the room to do that well right now.

When a conversation is becoming too much

Script

I want to continue this conversation, but I need us to slow down and speak respectfully.

Softer version

I am getting overwhelmed. I need a pause so I can stay present and respond clearly.

Make it your own

A boundary I need to practice is:

The part that feels hard to say is:

A version that sounds like me would be:

The support I need after saying it is:

This resource is for education and reflection. It is not psychotherapy, diagnosis, crisis care, or a substitute for working with a licensed professional. If you are in immediate danger, call 911. For crisis support in the United States, call or text 988.