

BOUNDARY SCRIPT STARTERS

**** Rewrite these using your own language and use only as a guide for your own thinking of what these conversations might sound like.**

"I can tell you care a lot about politics and issues you are passionate about. Thank you for wanting to share all your thoughts with me. But, I'm in a place right now where I need to guard my heart from the intensity that can sometimes arise in these kinds of discussions. Thank you for understanding that if the conversation about certain topics gets too heated, I'll either need to redirect the conversation to less triggering subjects or we will have to hit the pause button."

"I love you and I care about you. And at the same time, there are some behaviors that are requiring me to make changes to our relationship. When you _____ (Insert the unacceptable behavior, substance abuse, or addiction) in my presence, it affects me in ways that I am no longer willing to accept. This isn't an accusation or judgment against you. You're an adult and your choices are your own. This is me being proactive about my well-being and making wise choices for myself. So, I am requesting that you no longer use these substances (or insert other unhealthy behavior) around me or in my home. If you are unable to agree to these parameters, then we'll need to limit our interactions and I can no longer have you visit my home. Again, this is because I care not only about my well-being but also about keeping our relationship in a more sustainable place."

"Thank you so much for considering me. While my heart always wants to say yes to opportunities, the reality of my time requires me to say no. Again, I am honored you thought of me and I hope your _____ (insert the activity they were inviting you to participate in or asking you a favor for) goes incredibly well. Thank you for understanding and, as always, I'm cheering you on."

"I wanted to talk to you today, not to debate your choices but to let you know it is no longer sustainable for me to stay in the same kind of relationship with you. This isn't an accusation against you. I'm just accepting the reality that this issue is affecting me mentally and physically, and it's time to acknowledge that and make necessary changes. I'm committed to caring well for myself. Therefore, I have decided to stop asking you to change and instead create some distance between us so that simmering resentments don't overtake our relationship. This isn't easy but it is necessary. If you would like to continue working on our relationship I am willing to do that as long as our interactions are only in the presence of my counselor (or other trusted adult)."

"Thank you for being willing to talk about some challenges we've been experiencing in our relationship. Let's keep this conversation calm and kind. If things escalate to yelling, blaming, or hurtful words, I will excuse myself, and we will have to resume it at another time."

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