

BONUS: BOUNDARY SCRIPT LIBRARY

Calm, firm and realistic words for difficult relationship situations.

A good boundary states what you will accept and what you will do if the behaviour continues. You do not need a long explanation to make a boundary valid.

1. Repeated Disrespect

"I'm willing to discuss the issue, but I'm not willing to be spoken to disrespectfully. If the disrespect continues, I'm ending this conversation and we can try again when we can speak calmly."

2. Inconsistent Communication

"I understand that you may be busy, but inconsistent communication does not work for me. I need clearer and more reliable communication. If that isn't something you can offer, I need to reconsider what I'm comfortable with in this relationship."

3. Cheating

"Cheating is a serious breach of trust for me. I'm not going to argue about whether I should be hurt by it. I need honesty, accountability, and clear choices. I will decide what I'm willing to continue based on your actions, not promises."

4. Financial Pressure

"I'm not comfortable giving you money or taking on a financial commitment because I feel pressured. My answer is no. Please respect that decision without trying to guilt or persuade me."

5. Being Pressured Into Something

"I've said I'm not comfortable with this. I need you to respect my no without repeated requests, guilt, or pressure. My decision is not an invitation to keep negotiating."

6. Insults During Arguments

"We can disagree without insulting each other. If you insult me, I will stop the conversation. I'm willing to continue when we can discuss the problem without personal attacks."

7. Constant Broken Promises

"I've heard the promises, but what matters to me now is consistent action. I'm not going to keep resetting the same boundary every time something happens. I'll make my decisions based on what continues to happen."

8. Unwanted Control

"I'm responsible for my own choices, friendships, time, and personal decisions. I'm willing to discuss concerns, but I'm not agreeing to be controlled or monitored."

9. Emotional Manipulation

“I care about your feelings, but I won’t make decisions because I’m being guilted, threatened, or made to feel responsible for your reaction. You can feel disappointed, and I can still say no.”

10. Expected to Abandon Friends, Family, or Goals

“The people and goals that matter to me are part of my life. I’m willing to discuss healthy boundaries, but I’m not willing to isolate myself or give up important relationships and goals just to keep the peace.”

Before you use a boundary script

Choose a moment when you can communicate safely. Keep your message short, avoid getting pulled into an endless argument, and remember that a boundary is about what *you* will do—not about forcing another person to behave a certain way.

Simple formula: Name the behaviour → state what you will accept → state what you will do if it continues.

If setting a boundary could put you at risk, prioritize your safety and seek support from someone trustworthy rather than confronting the person alone.