

Boundary-Setting Scripts

Practice your words before the conversation. A boundary names your need and the action you will take.

"I feel ____ when _____. Going forward, I need _____. If that does not happen, I will _____."

A friend invites me to drink or use substances

A family member brings up my past

Someone contacts me at a time I have set aside for rest

My own situation

Coaching reminders

Keep your tone calm and steady. Stick to one boundary per conversation. Repeat the boundary if needed. Take a break if the conversation becomes heated.