

Boundary Scripts

Examples & Phrases to Use

Why Scripts Help:

In the heat of the moment, articulating “no,” redirecting, or advocating for yourself can be challenging. Scripts simplify communication, allowing you to express yourself with confidence, alleviate guilt, and preserve your peace of mind.

Expressing Boundaries with Kindness

- I truly appreciate your invitation, but I have to decline this time. I’m not in a position to take on anything new right now.
- I’d love to assist, but I’m feeling a bit overwhelmed at the moment.
- I hear you, yet I need some time to reflect on it.
- Let’s revisit this another day; I want to be honest—I’m not up for it right now.
- I need to step away for a while, but I’ll reconnect soon.
- That sounds intriguing, but I’m not available at the moment.
- I’m setting new boundaries to prioritize my well-being. Let’s pause for now; I’ll reach out when I’m in a better frame of mind.
- I’m trying to be more intentional with how I spend my time.
- I prefer to keep some matters private—hope that’s alright.
- That doesn’t quite work for me—can we explore other options?
- I value our connection and want to communicate my needs clearly.
- I’m taking a break from this type of conversation.
- Thank you for thinking of me, but I have to say no this time.
- I’m focusing on slowing down lately, so I’m being more selective.
- I’m not in the right emotional space to take that on.
- I’d prefer not to rush into this decision—can we pause?
- I appreciate the offer, but I’m not available for that.
- I’m learning to say no without excessive explanation – thank you for your patience.
- That’s not really my cup of tea, but I wish you the best with it!
- I can’t agree to that right now.
- Can we check in again next week? I’m focusing on establishing personal boundaries lately – hope that makes sense.
- I’m honoring my limits right now, which means saying no. I’d love to support you in a way that also respects my needs.
- Thanks for including me—I’m going to sit this one out.
- I want to be present with you, but I need a little space first.
- I’ll need to leave by [time], just so you’re aware.
- I’m in a quiet mood today, so I might not say much.
- Let’s keep things light; I’m not up for deep discussions today.
- I care about you, but I also need to prioritize my own well-being right now.
- I’m focusing on rest – another time?



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RECOVERY Health Solutions is a **co-occurring Intensive Outpatient Program (IOP)** in the **Twin Cities** (Brooklyn Park, MN), supporting **Substance Use Disorder** and **Mental Health** together. We offer *8 integrated services* with a harm reduction approach.