Helpful Starter Scripts
Boundary Setting

Below are some **starter scripts** to help you with establishing boundaries. Modify as you feel fit. Use your language to fit your communication style. There is NO one right way. Adapt some **personal** scripts and **practice**.

I can't say yes to that right now.

That doesn't work for me but thank you.

Thank you for thinking of me, but I can't.

I need time before I respond. I will get back to you.

I have reached my capacity for today.

Please don't...

No, I am not available...

No thank you, I need some time for myself.

I feel...., there I am going to....

No thank you, I have other plans.

It's not sustainable for me.

That doesn't fit into my timeline today, I will...

Can you please give me space?

Would you mind...?

Could you please ask ..., I am/can't/don't....?

My apologies, I can't help with...

I need to stick to my own tasks.

I am currently busy, can I check in with you later?

I am not in the headspace to listen at the moment.

I am not in a position to...

I have other plans.

I made prior commitments.

I am uncomfortable.

Not at this time.

I have sensory sensitivities; therefore, I am unable to or can you please...

That is unacceptable.

I don't feel up to it.

No.