



Heart Centered Boundaries:

Script Writing & Heart Prep

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Why am I here?

How do I feel?

The Foundation of Healthy Boundaries:

Authenticity & Honesty

Responsibility

Freedom

Love

What is my Boundary?

From:

(person)

Rather than:

(problem behavior only)

I want:

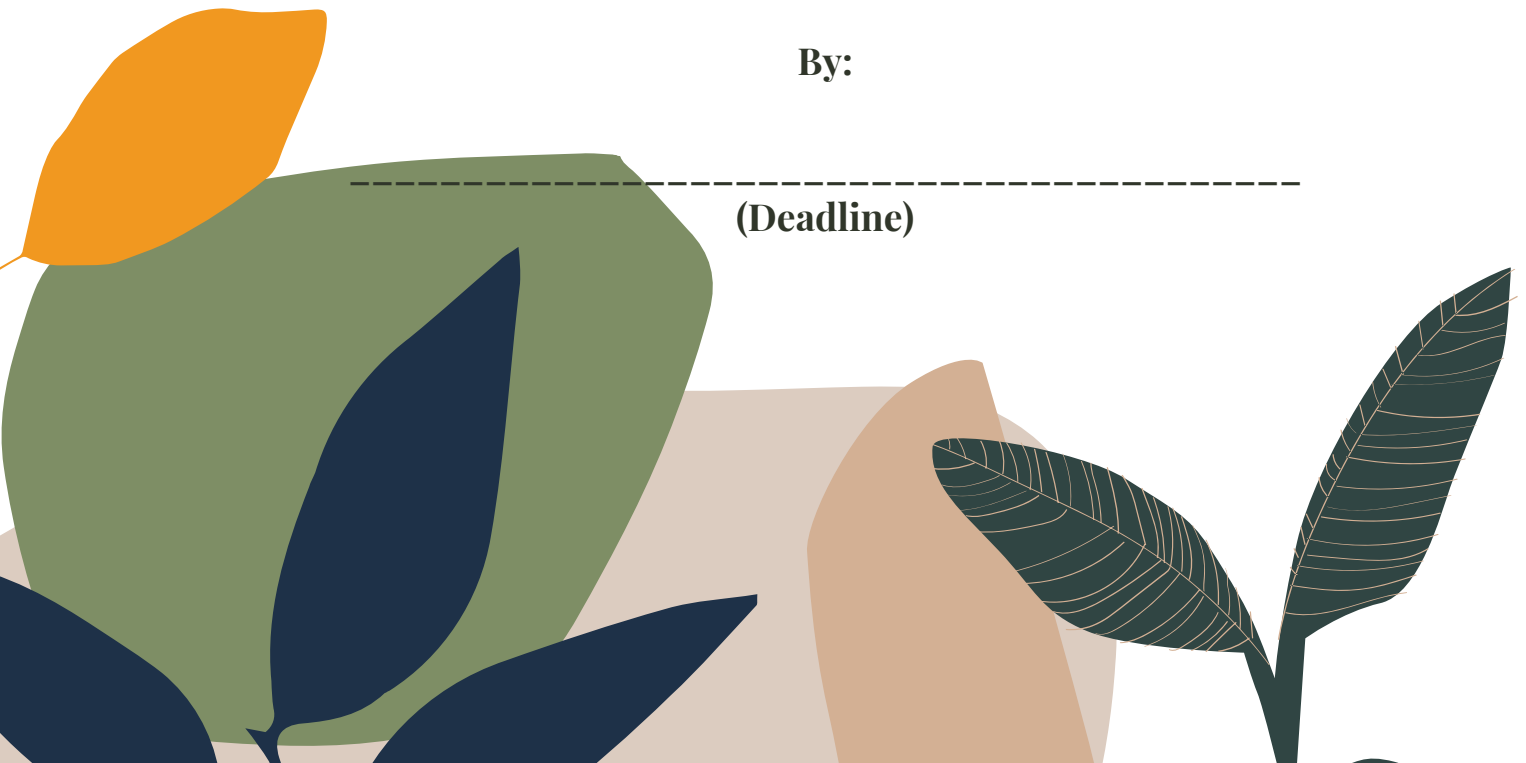
(Desired behavior)

Where &/or with who:

(location of need/want for precision)

By:

(Deadline)



An abstract illustration in the top right corner featuring overlapping shapes in shades of brown, green, and orange. It includes stylized leaves and hands, with one hand appearing to hold or support another, symbolizing care or boundaries.

Types of Boundaries:

Words/Truth

Consequences

Space & Distance

Time

Reinforcements

Preparing your Heart

Assume the best

Stay curious

Stay Humble

Choose Vulnerability

Take Responsibility





Conversation Flow

1. **Call out any elephants**
2. **Identify the problem behavior**
3. **Tell your story**
4. **Share your boundary statement**
5. **Ask for their story**
6. **Express love & empathy**
7. **Restate Boundary Statement.**

Tips, Tricks & Notes



