



Boundaries Script pt 1

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)



Boundaries Script pt 2

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.