

BOUNDARY SCRIPTING

Boundary scripting involves preparing specific phrases or scripts to help you communicate difficult conversations or set boundaries more effectively, particularly in relationship contexts.

- ❑ It's warm but firm.
- ❑ It acknowledges need or emotion without rescuing or overextending.
- ❑ It holds the line on what's possible or appropriate.
- ❑ It uses simple, respectful language.
- ❑ It's repeatable and doesn't invite argument.

Some Examples:

1. When someone asks for more than your role allows:

"I really hear how much you need support with this. My role is to help with [X], but I can help connect you to someone who can support with [Y]."

"I wish I could do more, but I need to stay within my role to be most helpful."

2. When there's pressure for immediate responses or out-of-hours contact:

"I want to give this the time and focus it deserves — let's pick this up during our next scheduled time."

"I understand this feels urgent. I'm not available outside of working hours, but here's who you can contact in the meantime."

3. When dealing with emotionally intense situations:

"I can sit with you for a moment and listen, but I won't be able to fix this for you. What do you think you need right now?"

"I care about what you're going through, and I need to take a pause to be present for you properly."

4. When someone pushes physical or emotional closeness too far:

"I'm here to support you, but I also need to keep some space so we both feel safe."

"I really value working with you – and part of that is making sure I keep clear boundaries, so things stay safe and respectful for both of us."

5. When someone asks for personal disclosure:

"That's a really kind question. I prefer to focus on your situation when we're together – but thank you for asking."

"I try to keep the focus on you in these conversations. Is that okay?"

6. When ending a session or conversation:

"I'm going to wrap us up here so we both have time to process. Thank you for being open today."

"I'm going to pause us here. We'll pick this up next time."

Areas to consider:

- Rehearse them in supervision or team meetings – people find it easier to draw on them under pressure if they have spoken them out loud.
- Keep a "boundary bank" on a noticeboard or internal document.
- Adapt them into your own language so they feel natural.