A boundary letter

A written way of setting a boundary when a conversation in person isn't possible or safe.

> With people who shout over you or twist your words, writing lets the boundary stay as you intended it. **Leave it overnight**, and before sending, remove anything whose purpose is to hurt.

Draft

1. The fact — what is happening, without judgements and without history

2. The effect — what it means for me

3. The boundary — what applies from now on

4. What I will do if it isn't respected

Check before sending

- [ ] No apologies.
- [ ] No explanation that invites negotiation.
- [ ] No question at the end.
- [ ] Nothing intended to hurt.
- [ ] I slept on it and read it again.

For personal use.