

Sentences for setting boundaries

Sentence patterns that state a boundary without apologising and without attacking.

A boundary has three parts: **what I notice**, **what I need**, **what I will do**. The last part is what separates a boundary from a request. The first time you set one with someone unused to it, they will almost certainly push harder — that isn't a sign you did it wrong.

Examples

1. *I notice the conversation is getting heated. — I need a pause. — I'll carry on in half an hour.*
2. *I can't manage it this week.* — no explanation; an explanation invites negotiation.
3. *I'm glad to help you, just not today.*
4. *I'm not going to talk about that.*
5. *Please don't comment on my appearance. — If it happens again, I'll end the conversation.*

My sentences

WHERE MY BOUNDARY SLIPS	WHAT I NOTICE	WHAT I NEED	WHAT I WILL DO

Practice

Which sentence will I use first, and with whom?

What will I be afraid might happen?
