

The
Mental Wealth Co.

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Boundary Scripts You Can Actually Use

Real, respectful language for family, friendship, work, and love.

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Hello,

Boundaries get a lot of attention online, and not much of it is practical. What we actually need — in the moment, with people we love — is language. Real sentences that sound like us, respect the other person, and still hold the line.

This guide is a collection of scripts, organized by area of life. They're not the only right words. Consider them a starting place: read through, borrow what fits, adjust the tone until it sounds like you.

A boundary is not a punishment. It's information about what you can and can't do, shared clearly, so the people in your life can respond to who you actually are.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

What a boundary actually is

A boundary is a statement about you.

It describes what you will or won't do, what you have capacity for, and what you need — not what someone else has to change.

The simple shape

- 'I' + a clear behavior. ("I can't stay past 8pm.")
- Kind, not cruel. ("I love you, and I need to end this call.")
- Repeatable. (You can say it again next week.)

What to expect

- People who care about you will usually adjust — sometimes after a beat.
- Someone reacting badly to a kind boundary is information, not proof you did something wrong.
- Your first boundary in a relationship is the hardest. The next ones get easier.

You are allowed to have a boundary about anything. You are also allowed to have a boundary that surprises the people in your life — and to hold it anyway.

Family

Family boundaries are often the hardest — the history is long, the expectations are loud, and the roles are old. Aim for warm and clear.

Try saying:

"I love you, and I'm not going to talk about that today."

"I'm not available for advice on this — I just need you to listen."

"We won't be doing that this year. It doesn't work for us anymore."

"I'm going to step away when the conversation goes there. I'll come back when we can talk about something else."

"I hear that you're disappointed. This is still my decision."

Friendship

Friendship boundaries are usually about capacity — the difference between wanting to show up and being able to show up.

Try saying:

"I care about what you're going through and I don't have the space to be your main support on this. Can we think together about someone else you can lean on?"

"I can't hang out this weekend, but I'd love to plan something for next month."

"I'm not in a place to give advice tonight. Can I just listen?"

"I'm going to bow out of the group chat for a while. Not personal — I'm trying to protect some quiet."

"Thank you for inviting me. I'm not going to make it this time."

Work

Work boundaries protect the quality of what you do — and the version of you who isn't at work.

Try saying:

"I can either take on this project or hit that deadline. Which would you like me to prioritize?"

"I don't respond to messages after 6pm. I'll reply first thing in the morning."

"That's not something I have capacity to do this week. Here's when I could."

"I need to end this meeting on time. Can we schedule a follow-up?"

"I'm going to step off camera for a minute — I'll be right back."

Romantic relationships

In love, boundaries are how we stay ourselves inside a partnership. They protect the relationship as much as the individual.

Try saying:

"I need a few minutes before I can talk about this. I'm not walking away — I'm coming back."

"I'm not comfortable with that. Can we find a version of it that works for both of us?"

"When you speak to me that way, I stop being able to hear you. I need us to try that again."

"I love you and I'm not available for this argument again tonight."

"This is what I need to feel safe here."

Time & availability

Protecting time is one of the most loving things you can do — for yourself and for the people who need the version of you that isn't depleted.

Try saying:

"I'm not free this weekend. I'll check my calendar for next month."

"I only have twenty minutes right now — is that enough, or should we pick a longer time?"

"I'm not doing plans on Sundays this season."

"I'll get back to you by Friday."

"That's not a good time for a call. Text works better."

Emotional capacity

You can love someone and still not be able to hold what they're going through — in this moment, on this day. That's not a failure of love.

Try saying:

"I'm not able to hold this conversation right now. Can we come back to it tomorrow?"

"I want to be there for you and I don't have it in me tonight. I'm sorry."

"I need to protect some quiet this weekend. I'll check in Monday."

"I love you, and I'm not the right person to help with this one. Have you thought about talking to a therapist?"

"I need to step out of this conversation. I'm not okay right now."

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.