



FaithWorks Counseling
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BOUNDARY SCRIPT CARD

My Ground Rules

- I don't engage in hurtful or disrespectful conversations.
- I don't argue about my boundaries.
- I can leave, pause, or change the topic.

Simple Boundary Statements

(Choose one — keep it short)

- "I'm not comfortable with that."
- "I'm not going to continue this conversation."
- "That comment is hurtful. I'm going to step away."
- "Let's change the subject."
- "I'm going to take a break now."

If He/She Pushes or Argues

(Repeat once, then disengage. Be mindful of tone.)

- "I've already explained my boundary."
- "I'm not discussing this further."
- "This conversation is over."

👉 **No explaining. No defending.**

Exit Lines

- "I'm going to leave now."
- "We can talk another time."
- "I'm ending this call."

(Then leave / hang up / walk away)

Reminder to Myself

- Boundaries are not mean.
- I don't need permission.
- Consistency matters more than tone.
- Walking away is a skill.

Print and keep this small script in your purse or wallet.

CALM — MY BOUNDARY SCRIPTS

■ Use ONE. Say it once. Stay calm.

- I'm not comfortable with that.
- That comment is hurtful.
- I'm not continuing this conversation.
- Let's change the subject.
- I'm going to step away now.

■ REPEAT — IF HE/SHE PUSHES

- I've stated my boundary.
- I'm not discussing this.
- This conversation is over.

■ EXIT — LEAVE / HANG UP

- I'm leaving now.
- I'm ending this call.
- We'll talk another time.

† ■ **Grounding Reminder:** *God has not given me a spirit of fear, but of power, love, and self-control.*

2 Timothy 1:7

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