

Boundary Scripts

Gentle, Clear Responses for Difficult Situations

Boundaries are not punishment. They are communication. They are protection. They are self-respect in action.

For many people healing from narcissistic abuse, boundaries can feel uncomfortable, guilt-inducing, or even unsafe at first. That makes sense. If you were conditioned to prioritize someone else's emotions over your own needs, saying "no" may feel emotionally unfamiliar.

You do not need to explain yourself endlessly to deserve space, peace, rest, or respect.

These scripts are not about controlling another person's behavior. They are about helping you stay connected to yourself.

1. When Someone Invalidates Your Feelings

Script Options:

- "I'm allowed to feel how I feel, even if you don't understand it."
- "I'm not asking you to agree. I'm asking you to respect my experience."
- "My feelings are not up for debate."
- "I'm no longer comfortable having conversations where my emotions are dismissed."

2. When Someone Keeps Pushing Your Boundaries

Script Options:

- "I've already answered that."
- "That decision is not open for discussion."
- "I'm not comfortable with that."
- "I need you to respect my boundary, even if you don't agree with it."
- "Repeating myself won't change my answer."

3. When You Need Space

Script Options:

- "I need some time to myself right now."

- "I'm unavailable for this conversation today."
 - "I'll reconnect when I feel emotionally ready."
-

4. When Someone Is Being Manipulative

Script Options:

- "I'm not willing to continue this conversation if it becomes disrespectful."
 - "I'm stepping away from this interaction."
 - "I will not engage with guilt, blame, or intimidation."
 - "I'm choosing not to argue about my reality."
-

5. When You Feel Pressured to Explain Yourself

Script Options:

- "No is enough."
 - "I don't owe a lengthy explanation for my decisions."
 - "This is what feels healthiest for me."
 - "I've made my decision carefully."
-

6. When Someone Wants Immediate Access to You

Script Options:

- "I'm not always available immediately."
 - "I'll respond when I can."
 - "Urgency does not always require access to me."
 - "I'm creating healthier communication expectations."
-

7. Co-Parenting Boundaries

Script Options:

- "I'd like to keep communication focused on the children."
 - "I'm only available to discuss parenting-related matters."
 - "I will respond to respectful communication."
 - "I'm not engaging in personal attacks or blame."
-

8. Family Boundaries

- "I'm no longer comfortable participating in conversations that become hurtful."
 - "I'm protecting my peace differently now."
 - "I understand you may not agree with my choices."
 - "Distance does not mean lack of love."
-

9. Workplace Boundaries

Script Options:

- "I'm unavailable outside of work hours."
 - "I'm unable to take that on right now."
 - "I want to make sure my workload remains manageable."
 - "I'll need additional notice before committing to that."
-

10. Dating & Relationship Boundaries

Script Options:

- "Consistency matters to me."
 - "I move slowly with trust."
 - "I'm paying attention to how I feel in relationships now."
 - "Healthy communication is important to me."
 - "I'm no longer abandoning my needs to maintain connection."
-

11. When Someone Is Gaslighting You

Script Options:

- "I remember the situation differently."
 - "I trust my memory and experience."
 - "We may not agree, but I'm not questioning my reality anymore."
 - "I'm not comfortable continuing conversations that distort what happened."
-

12. Low-Contact / Limited Access Scripts

Script Options:

- "I'm reducing contact for my emotional wellbeing."
- "I need more space and less communication right now."
- "I'm prioritizing peace and emotional safety."

13. Ending a Conversation

Script Options:

- "This conversation is no longer productive."
- "I'm stepping away now."
- "I don't want to continue this discussion."
- "We can revisit this later if it can remain respectful."

14. Protecting Your Energy

Script Options:

- "I'm being more intentional with where I place my energy."
- "Not everything requires my emotional labor."
- "I'm learning to choose peace over constant access."
- "I'm no longer overextending myself to keep others comfortable."

15. Boundaries With Yourself

Sometimes boundaries are not only external. Sometimes they are promises you make to yourself.

Personal Boundary Reminders:

- "I will stop abandoning myself to avoid conflict."
- "I will pause before automatically saying yes."
- "I will listen to discomfort instead of overriding it."
- "I am allowed to rest."
- "I am allowed to change my mind."
- "I do not need to earn basic respect."

When Boundaries Feel Guilty

If boundaries feel uncomfortable, it does not necessarily mean they are wrong.

Many people healing from emotional abuse were taught:

- compliance equals safety
- self-sacrifice equals love
- silence equals peace
- overexplaining prevents abandonment

That does not mean you are doing something bad. It may simply mean you are learning a new way to protect yourself.

A Gentle Reminder

You are allowed to:

- say no
- need space
- protect your peace
- stop overexplaining
- change your mind
- disappoint people
- prioritize your wellbeing
- leave unhealthy conversations
- choose emotional safety

Boundaries are not walls. They are bridges back to yourself.