INTERPERSONAL SKILLS

Boundary Script Studio

Prepare a clear request or limit while accounting for relationship and safety.

FOR	Adults	**TIME**	20-30 min

A boundary is a decision about what you will do to care for your limits, values, and responsibilities. This studio helps shape language that is clear, workable, and appropriate to the relationship.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Relationships / Communication / Boundaries

01

Clarify the boundary

Separate the need from the perfect response you hope to receive.

What pattern or situation needs attention?

Use observable language.

What impact does it have on you?

Emotion, energy, time, values, or wellbeing.

What is within your control?

Your words, availability, participation, or next action.

02

Draft the message

Keep it brief enough to say under pressure.

Acknowledge or orient

Optional: I care about... / I want to be clear about...

Request or limit

I am asking... / I am not available for...

Your follow-through

If it continues, I will...

03

Prepare for the interaction

Plan for emotions, power, and safety.

Likely responses and how you want to reply

Agreement, questions, pressure, anger, silence, or negotiation.

What support or exit plan is needed?

Location, timing, another person, transport, or choosing not to have the conversation.

One sentence to return to

Your calm, repeatable core message.

> *Direct communication is not always safe or culturally appropriate. A boundary can be enacted through distance, support, or changed participation without a confrontation.*