



Boundary Strategies

Depending on whether your boundaries are fixed or flexible some of these phrases might inspire you when setting your own boundaries

The pause...don't feel the pressure to reply immediately.

I'll check my calendar...when do you need to know by...let me have a think about it

The consequence...(a good one for work)

I can do that....but if I do then I won't be able to....

The negotiation...

I'd love to but I'm only free at 1pm.

Great but can we meet somewhere closer?

I need to leave by....

The firm approach...

Please don't...

Incase I wasn't clear...

As I said....

I'm leaving now.

Considerate....

I really appreciate the invite but....

Thank you for thinking of me but...

I'd love to listen but I don't have time to right now...

The plain & simple...

I don't have the finances...

I have to look after...

I'm a single parent & don't have childcare..

I don't want my picture taken...

I can't...I don't...I won't