

Boundary Setting Phrases



Practice the following phrases to help you set clear boundaries in the different areas of your life.

1) When you disagree with someone...

I disagree with that assessment / approach.

That has not been my experience.

I would like it if we could just agree to disagree at this point.

Can you please explain your reasoning for this?

2) When saying "no" to a project / request for help...

I want to do my best work and I won't be able to do that right now.

I'm always up for a challenge, but this falls too far outside my skill set.

I would be happy to help but I will need a day or two to prepare.

I'm over-extended, but I can ask someone else on the team to help you.

3) When someone gives unsolicited advice...

I appreciate that you have more experience in X but I have more with Y.

I don't want advice, what I really need is for you to listen without judgment.

That may be the case in your situation, but in this situation I'm dealing with...

I'm grateful for your suggestions, but I'm going to try something else.

4) When someone is pushing your buttons...

I don't feel like I have had a chance to voice my opinion.

I understand how you feel, now I would like time to talk about how I feel.

I would appreciate it if you didn't discuss X with Y.

My feelings are equally as valid and important as yours.

I am not obligated to explain myself to you.

5) For relationships / close friends...

I need some time to myself to process this.

I love you, but I really need to get an early night. Can we schedule another time to finish this conversation?

I don't like it when you do X, please stop.

I am prioritising some alone time tonight, perhaps we can see each other tomorrow instead?

Exclusivity is a requirement for me in order to pursue this relationship.

I don't appreciate being spoken to like that, it makes me feel...

I would appreciate it if we did more / less of X because...

I feel hurt by that comment, I am going to remove myself from this conversation. I will come back once I have had time to process.