


5 POWERFUL PHRASES TO
SET BOUNDARIES
WITHOUT GUILT



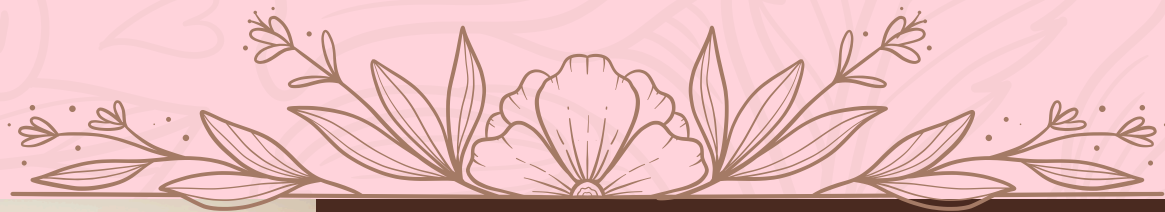
Welcome!

Protecting Your Peace Starts With Your Voice

Setting boundaries isn't about being harsh, it's about being clear. If you've ever struggled to say no, over-explained yourself, or felt drained by saying yes when you meant no... this guide is for you. Boundaries are bridges, not walls. They tell others how to love and respect us, and more importantly, how we love and respect ourselves. The five phrases on the next page will help you honor your limits without guilt and without drama.

Use these to:

- Communicate clearly in moments of pressure
- Hold your ground with kindness
- Protect your time, space, and energy



Let's reclaim your peace, one phrase at a time.

5 POWERFUL BOUNDARY SETTING PHRASES

1. “I’m not available for that right now.”

Use this when you want to say no without overexplaining. It’s clear, calm, and keeps you in control.

2. “That doesn’t work for me.”

Great for uncomfortable requests or when someone tries to push a limit. It’s assertive but not aggressive.

3. “I need some time to think before I respond.”

Perfect when you're being asked for a quick decision but need space to align with your values.

4. “I’m focusing on my own well-being right now.”

Sets emotional boundaries without guilt. Ideal for situations where people try to emotionally offload or lean too heavily on you.

5. “I appreciate your perspective, but I’m making a different choice.”

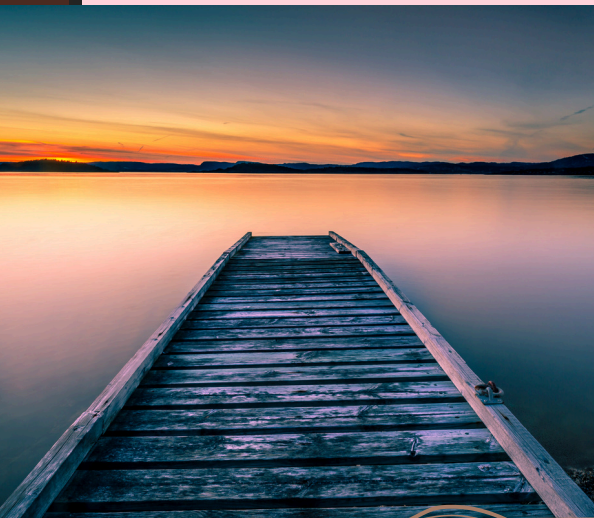
A respectful way to stand your ground when people offer unsolicited advice or try to influence your decisions.





BONUS TIP: PRACTICE MAKES PEACE

It's okay if these phrases feel awkward at first. New boundaries often feel uncomfortable because they're working. Bookmark this guide. Rehearse in the mirror. And remember: every time you honor your limits, you teach others to do the same.



Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.

