

TOOLKIT

THE UNBROKEN MAN

SCRIPT LIBRARY (COPY & PASTE)



• Boundaries • Co-Parenting • Support • Dating (50+)

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Section: How to Use

How to Use These Scripts

These scripts are designed for one purpose: protect your peace. Use them as copy/paste starting points - then adjust names, dates, and times. Keep the tone short, calm, and clear.

1) Wait until you're calm

Don't send messages from adrenaline. If needed, draft it first and send later.

2) Keep it short

If it needs a paragraph, it's not a boundary - it's a debate. Cut extra explanation.

3) Repeat, don't explain

Your consistency is the boundary. Use the same line again instead of defending yourself.

TIP

Copy/paste first, then edit the details only (names, dates, times). If you change the tone, you usually lose the boundary.

Section: Support

Ask a Friend for a Quick Check-In

SUPPORT

WHEN TO USE: Rough day, you feel isolated.

SCRIPT:

“Hey - quick check-in request. I’m rebuilding after divorce and trying not to isolate. Do you have 15 minutes this week to talk?”

Ask for Weekly Accountability (Low Pressure)

SUPPORT

WHEN TO USE: You want consistency without feeling like a burden.

SCRIPT:

“Would you be open to a 10-minute check-in once a week for the next month? I’m doing a 30-day reset and staying consistent helps.”

Ask Without Dumping (Boundaried Support)

SUPPORT

WHEN TO USE: You need support, not advice or fixing.

SCRIPT:

“I don’t need advice - I just need someone to listen for a few minutes. Can I tell you what’s going on?”

Section: Support

Text Someone When Nights Get Hard

SUPPORT

WHEN TO USE: Evening spiral, loneliness, or overthinking.

SCRIPT:

“Hard night. I’m okay, just not great. If you’re free tomorrow, could we talk for a few minutes?”

Decline Advice (Without Offending)

SUPPORT

WHEN TO USE: Someone means well but you need listening, not solutions.

SCRIPT:

“I appreciate you. Right now what helps most is listening, not fixing. I’ll let you know if I need advice.”

Ask a Family Member for Practical Help

SUPPORT

WHEN TO USE: You need one concrete assist this week.

SCRIPT:

“I’m handling things, but I could use help with one practical thing this week - can you help me with _____?”

Section: Boundaries

Logistics-Only Boundary

BOUNDARY

WHEN TO USE: You need to stop emotional back-and-forth.

SCRIPT:

“For my health and clarity, I’m keeping our communication focused on logistics only. If it’s not about kids/finances/legal items, I won’t engage. Thank you for respecting that.”

Business Mode Reminder (When Emotions Start)

BOUNDARY

WHEN TO USE: Tone shifts and the conversation starts escalating.

SCRIPT:

“I’m going to keep this logistics-only. What time works for pickup/drop-off?”

No Late-Night Messages

BOUNDARY

WHEN TO USE: You want predictable communication hours.

SCRIPT:

“I’m not responding to messages late at night anymore. If it’s important, please send it during normal hours and I’ll reply then.”

Section: Boundaries

Boundary Against Emotional Processing

BOUNDARY

WHEN TO USE: You're being pulled into relationship post-mortems.

SCRIPT:

"I'm not available for emotional conversations. If there's a logistics issue, I'm happy to address it."

Stop the Circular Argument

BOUNDARY

WHEN TO USE: You've already answered and they keep pushing.

SCRIPT:

"I'm not going to debate this. My answer is the same. Let's keep it focused on logistics."

I Need Space (Temporary Distance)

BOUNDARY

WHEN TO USE: You're trying to stabilize and reduce reactivity.

SCRIPT:

"I'm taking some space so I can heal and stay stable. Please keep messages to urgent logistics only."

Section: Boundaries

No Contact (When Appropriate)

BOUNDARY

WHEN TO USE: You need a clear healing window and a formal channel.

SCRIPT:

“I’m taking a period of no contact to heal. For anything urgent, please use email / attorneys / the parenting app. Thank you.”

Boundary After a Triggering Message

BOUNDARY

WHEN TO USE: Message tone is hostile, baiting, or disrespectful.

SCRIPT:

“I’m not in a place to engage with this tone. If you resend it calmly and with logistics only, I’ll respond.”

Ending a Call Cleanly

BOUNDARY

WHEN TO USE: A call gets heated or unproductive.

SCRIPT:

“I’m going to end the call now. If you email the logistics details, I’ll respond.”

Section: Co-Parenting

4-Sentence Co-Parenting Template

CO-PARENT

WHEN TO USE: Any schedule, handoff, or decision message.

SCRIPT:

Use this structure: Topic. Facts. Request/Decision. Timeline.

Example: "About Saturday pickup: I'll arrive at 2:00 PM. I'll text when I'm outside. Please have the kids ready with their bags. Thanks."

If the Other Parent Tries to Fight

CO-PARENT

WHEN TO USE: The message turns into blame or conflict.

SCRIPT:

"I'm keeping this kid-focused. Please send the schedule details only."

Boundary: Don't Use Kids as Messengers

CO-PARENT

WHEN TO USE: Information is coming through the kids.

SCRIPT:

"Please communicate directly with me about schedules. The kids shouldn't be in the middle."

Section: Co-Parenting

To Kids (Simple Reassurance)

CO-PARENT

WHEN TO USE: Kids are anxious, confused, or feeling split.

SCRIPT:

“Just so you know, you’re safe and you’re loved. You don’t need to pick sides. I’m here for you.”

To Teen/College Kids (Respect + Stability)

CO-PARENT

WHEN TO USE: Older kids are taking on emotional weight.

SCRIPT:

“I know this is a lot. You don’t have to manage my emotions. I’m handling things. I love you - let’s keep our connection strong.”

To Adult Kids (No Badmouthing)

CO-PARENT

WHEN TO USE: They ask questions and you want to stay grounded.

SCRIPT:

“I’m not going to speak negatively about your mom/dad. I want you to have peace. If you have questions, I’ll answer calmly and honestly.”

Section: Social

Stop Updates from Mutual Friends

SOCIAL

WHEN TO USE: People keep feeding you information you didn't ask for.

SCRIPT:

"Just a heads-up - I'm not looking for updates or details. I'm focusing on healing, so I'd appreciate not hearing anything unless it's truly necessary."

Decline a Social Event (Protect Your Peace)

SOCIAL

WHEN TO USE: You need to pass without overexplaining.

SCRIPT:

"Thanks for the invite. I'm keeping things simple right now. I'm going to pass, but I appreciate you including me."

If You Might Attend the Same Event

SOCIAL

WHEN TO USE: You may cross paths and want to stay steady.

SCRIPT:

"I may come. If we cross paths, I'll keep it brief and respectful. I'm focused on staying calm."

Section: Dating

I'm Moving Slowly (Honest + Confident)

DATING

WHEN TO USE: Early dating when you want to set the pace upfront.

SCRIPT:

"I'm enjoying getting to know you. I also want to be upfront: I'm rebuilding after divorce and I'm moving slowly. If slow and steady works for you, I'd like to continue."

Boundary: Not Ready for Intensity

DATING

WHEN TO USE: The connection is moving faster than you can sustain.

SCRIPT:

"I'm not rushing into anything. I value peace and clarity, and I'm building that carefully."

If You Need to Pause Dating

DATING

WHEN TO USE: You realize you need more time to stabilize.

SCRIPT:

"I've realized I need a little more time to stabilize my life. I respect you, and I don't want to lead you on. I'm going to take a step back."

Reminder

Short. Calm. Clear. Repeat.
You don't need the perfect words.
You need consistent boundaries.

When you're triggered: pause, paste the shortest script, edit the facts, and send only what protects peace.