

FREE LEAD MAGNET FROM HEARTPLUSMINDFACTS

Soft Life Boundaries

The Script Checklist

The exact words for every situation that makes you freeze — in relationships, family, friendships, work, and with yourself.

FAMILY

PARTNER

TALKING STAGE

FRIENDSHIP

WORK

YOURSELF

HOW TO USE THIS CHECKLIST

Find the situation. Read the script. Say it — or save the page for when you need it.
The checkbox on each script is for the situations you have already used it in.
Tick it when you do. That tick is proof that you can.

THE FORMULA BEHIND EVERY SCRIPT

Name the behavior. State your limit. Give the consequence. No apology for the limit.
Three sentences. Said calmly. Without over-explaining.
Full breakdown on the last page.

Soft Life Boundaries — The Full Guide

12 scripts in depth • Psychology of guilt • 30-Day practice • \$22

[Link on the final page of this checklist →](#)

FAMILY

FAMILY When someone asks to borrow money

You cannot afford it. Saying yes will cost you for weeks.
But saying no feels impossible — like you're choosing money over family.

SAY THIS:

"I am not in a position to lend money right now. That is not going to change, so please do not ask again — I want to keep things easy between us."

IF THEY PUSH BACK:

"I understand you need help. My answer is still no." Repeat this calmly as many times as needed. You do not owe a detailed financial explanation.

FAMILY When they dismiss or minimize your feelings

They said something that hurt you. You brought it up. Now they're telling you that you're being too sensitive, overreacting, or making it a big deal.

SAY THIS:

"I hear that you see it differently. But this is how I experienced it, and I need that to be acknowledged — not argued with. I am happy to keep talking if we can do that."

IF THEY PUSH BACK:

If they continue dismissing, end the conversation: "I'm going to step away from this for now." You do not need their agreement to validate your own experience.

FAMILY When they overstep into your personal life

They're asking about your relationship, money, body, choices — things that belong to you, not them. And they frame it as caring.

SAY THIS:

"I appreciate that you care. That particular area of my life is not something I am going to discuss. I am happy to talk about other things."

IF THEY PUSH BACK:

"I am keeping that private" is a complete answer. If they persist: "I've told you I'm not discussing this. Asking again won't change that."

PARTNER**PARTNER** When they speak to you disrespectfully

They raised their voice, said something cutting, or spoke to you in a way that left you feeling small. And it keeps happening.

SAY THIS:

"When you speak to me that way, I shut down and nothing gets resolved. I need us to talk to each other with basic respect — even when things are tense. That is not negotiable for me."

IF THEY PUSH BACK:

Say this once, calmly, outside of an active argument. If it happens again mid-conflict: "I'm not continuing this conversation while we're speaking to each other this way. I will come back to this when we've both reset."

PARTNER When you need space and they take it personally

You need time alone to recharge. But asking for it always turns into a conversation about whether you love them enough.

SAY THIS:

"I need some time to recharge on my own. It is not about you — it is about what I need to feel like myself. I will reach out when I am ready. I need you not to read this as rejection."

IF THEY PUSH BACK:

"Taking space is how I stay healthy in this relationship. Please trust that." If they continue to contact you during the space, you can choose not to respond until you're ready. That is not cold. That is the limit.

PARTNER When you need to address hot-and-cold behavior

Some days they are warm and present. Other days they pull away with no explanation. You're always left guessing where you stand.

SAY THIS:

"I notice that things feel different between us sometimes, and I need more consistency than I am currently getting. Can we talk about what is going on — honestly?"

IF THEY PUSH BACK:

If they dismiss the concern: "This matters to me. I'm not able to stay comfortable in the uncertainty. I need us to figure this out."

TALKING STAGE

TALKING STAGE When you need to know where things are going

You have been talking for weeks or months. You like them.
But nothing has been defined and you are tired of wondering.

SAY THIS:

"I have been enjoying getting to know you and I want to be honest — I am looking for something real and consistent. I would rather know now if we are on different pages than find out later."

IF THEY PUSH BACK:

How they respond to this tells you everything. If they avoid the question, deflect, or make you feel bad for asking: that is your answer. "I understand if you're not sure. But I need to know so I can make decisions that are right for me."

TALKING STAGE When they ghost and then come back

They disappeared without explanation. Now they're back, acting like nothing happened, expecting to pick up where you left off.

SAY THIS:

"I noticed you went quiet for a while without explanation. That affected me and I need to understand what happened before we continue."

IF THEY PUSH BACK:

If they minimize it: "I'm not trying to make this difficult. I just need honesty about where I stand with you. I'm not available for a dynamic where I'm uncertain about that."

FRIENDSHIP

FRIENDSHIP

When you need to cancel without over-explaining

You said yes when you meant no. Now the day is here and you cannot bring yourself to go. You are tempted to invent a reason.

SAY THIS:

"I need to cancel. I am not in the right headspace and I would rather be honest than show up as a version of myself that is not good company. Can we reschedule?"

IF THEY PUSH BACK:

If they guilt you: "I understand you're disappointed. I'm still not going to make it today." You do not owe them a dramatic reason. Needing rest is a reason.

FRIENDSHIP

When they ask for a favour you cannot give

They need something — your time, your car, your money, your energy. You have nothing left to give right now. But saying no feels like failing them.

SAY THIS:

"I want to support you and I also have to be honest — I do not have the bandwidth for this right now. I hope you can understand."

IF THEY PUSH BACK:

"I know I have helped before. Right now I cannot, and that needs to be okay." If they compare this to past favours: "What I was able to do before doesn't obligate me now."

FRIENDSHIP

When a friendship is consistently draining you

Every time you see them, you leave feeling worse than before. You care about them — but you cannot keep pouring from an empty cup.

SAY THIS:

"I value our friendship. I have also noticed that I consistently leave our time together feeling depleted. I need to pull back a little and take care of myself. That is not a reflection of how much I care about you."

IF THEY PUSH BACK:

You do not owe anyone unlimited access to your energy. If they react with anger or guilt: "I am telling you this because I want to be honest, not because I want to hurt you. But I still need to take care of myself."

WORK**WORK** When asked to take on more than your role

Your plate is full. Someone is asking you to add more.
Saying no at work feels risky — but saying yes is unsustainable.

SAY THIS:

"I want to make sure I can do my current responsibilities well. Taking this on would compromise that. Can we talk about priorities, or is there someone else who has capacity for this?"

IF THEY PUSH BACK:

Frame it around work quality, not refusal. If pressed: "I want to help find a solution, but I'm not able to add this to my current workload without something else coming off my plate."

WORK When a colleague crosses a professional line

Something was said or done that made you uncomfortable.
You do not want to create conflict — but you cannot let it continue.

SAY THIS:

"I want to keep things professional between us. The way this conversation is going is not comfortable for me. Can we refocus on what we are here to do?"

IF THEY PUSH BACK:

Say it once, calmly, without dramatizing. If it happens again, document it with dates, times, and what was said. Then escalate if necessary. You do not have to absorb what was done to keep the peace.

YOURSELF

YOURSELF When you are about to say yes out of fear

Someone is waiting. The silence is pressing. The guilt is rising.
You can feel yourself about to say yes before you have even decided.

SAY THIS:

"Give me a moment. I want to make sure my answer is honest."

IF THEY PUSH BACK:

That pause is the boundary. You do not have to answer immediately just because someone is waiting. If you need more time: "I'll come back to you on this." Then actually do. Then check in: is this a yes I want to give — or a yes I am giving to manage fear?

YOURSELF When the guilt arrives after you have said no

You held the limit. It felt right in the moment.
Now the guilt is here, loud and convincing, telling you that you did something wrong.

SAY THIS:

"The guilt I am feeling is not proof I did something wrong. It is proof the boundary was necessary."

IF THEY PUSH BACK:

Say this to yourself — out loud if you can. Then wait 24 hours before making any decision about the limit. Do not take it back. Do not apologize for the limit itself (you can apologize for your tone if it was sharp — never for the limit). See what the guilt does when you do not immediately feed it.

THE FORMULA BEHIND EVERY SCRIPT

Every script in this checklist follows the same three-part structure.
Once you know it, you can build your own for any situation.

1 Name the behavior.
Not a character judgment — just the action. "When you do X..."

2 State your limit.
What you will and will not accept. "...I need Y" or "...I am not available for that."

3 Give the consequence.
What you will do — not what they must do. "If this continues, I will Z."

4 No apology for the limit.
You can apologize for your tone if it was sharp. Never for the limit itself.

The only rule: No apology for the limit itself.

You can apologize for your tone if it was sharp. Never for the limit.

REMEMBER

- Their discomfort is not your emergency.
- A boundary you apologize for is not a boundary. It is a suggestion.
- If they keep asking after you have said no — your silence is a complete response.
- The people who love you correctly will not require you to have no limits.

WANT THE FULL 12-SCRIPT GUIDE?

"Soft Life Boundaries" — \$22

Every script in depth • The psychology of guilt • The 30-Day Boundary Practice
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Protecting your peace is not something you have to earn. It is something you choose.

— heartplusmindfacts