

Say No Without Guilt

10 Boundary Scripts to Use Right Now

by Jen Anderson, Boundaries & Belief Specialist

Because saying “no” doesn’t make you selfish — it makes you self-honoring.

♥ WHY THIS GUIDE MATTERS

If you’ve ever felt your stomach twist when someone asks for just one more thing...

If you’ve said “yes” when you wanted to scream “no,” this guide is for you.

These boundary-setting phrases will help you respond with clarity, compassion, and zero guilt. Use them as-is or tweak them to fit your voice.

♥ SCRIPT 1: The Simple, Firm No

“Thanks for thinking of me — I’m not available for that right now.”

♥ SCRIPT 2: The Schedule Defender

“I already have plans during that time, but I hope it goes great!”

♥ SCRIPT 3: The Energy Preserver

“I’m focusing on my energy right now and can’t commit to anything extra.”

♥ SCRIPT 4: The Emotional Labor Pause

“I care about you, but I’m not in the right space to talk about this right now.”

♥ SCRIPT 5: The Honest Redirect

“That’s not something I can take on, but you might try asking _ _ _.”

♥ SCRIPT 6: The Repeat Offender Response

“Like I said before, I’m not available for that — I need you to respect that.”

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💛 SCRIPT 7: The Guilt-Free Decline

“No, thank you. I’ve learned not to overextend myself anymore.”

💛 SCRIPT 8: The Compassionate Cutoff

“I love you, and I also need space. I hope you can understand.”

💛 SCRIPT 9: The Work-Life Boundary

“That’s outside my scope right now. I’d be happy to revisit it another time.”

💛 SCRIPT 10: The Empowered Exit

“This no is not about you — it’s about me choosing alignment.”

💡 Bonus Reminder:

You are allowed to:

- Change your mind
- Protect your peace
- Prioritize rest
- Say no without explaining yourself

✉️ Want more support?

Let’s talk about how belief and boundaries can change everything for you.

🔗 [Book a free Pathfinder call with me:](#)

💛 [Blissful Besties](#) — Coaching & community for the woman ready to stop people-pleasing and start living with clarity and courage.

✍️ Designed with love by

Jen Anderson

Boundaries & Belief Specialist | Thankful Hearts Coaching

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