
YOUR BOUNDARY CONTRACT

Communication Scripts for Sustainable Relationships

*"No is a complete sentence.
But sometimes it needs a script."*

Your Premise + The Cost of Yes

The “disease to please” and its metabolic cost:

Every time you say yes when you mean no, your body pays the price in exhaustion, resentment, and burnout. A boundary is not a barrier to keep people out; it is a perimeter to protect your energy.

Boundary vs. Barrier:

Boundaries are for you (what you will and won't do).

Barriers are walls built against others out of fear.

A yes I regret this week: _____

The physical cost I paid: _____

The resentment level (1-10): _____

Your Relationship Energy Audit

Relationship / Person	Energy Impact (-5 to +5)	Frequency (Too Much/Right/Little)

EXTRACTION BOX

Who is in the negative column that I see weekly?

Your Boundary Types Menu

Time Boundaries:

When I'm available / Response time expectations

Emotional Boundaries:

What I will/won't discuss / Venting vs. Problem-solving

Physical Boundaries:

Touch, space, presence

Digital Boundaries:

Availability, response speed, platform preferences

EXTRACTION BOX

Which boundary type is my weakest?

Your Professional “No”

“I don't have bandwidth for this right now.”

“I can do this by [date], or [colleague] could do it by [sooner date].”

“This falls outside my scope of responsibility.”

“I'm at capacity this quarter.”

My default work boundary script:

Your Social “No”

“I can't make it, but I hope it's wonderful.”

“I'm not taking on new commitments this season.”

“I need to keep tonight unscheduled for my sanity.”

“I love you, but I can't talk about [topic] right now.”

The social script I need most:

Your Family/Friend “No”

“I can't [task], but I can [alternative].”

“That doesn't work for me, but what about [compromise]?”

“I need to tap out of this conversation.”

“I'm not taking calls after 8pm.”

The family boundary that terrifies me:

Your Digital Boundary Scripts

Email auto-responder:

"I check email at 10am and 4pm..."

Text delay:

"I don't keep my phone on my body. I'll see this when I'm at my desk."

Slack status:

"Deep work until 2pm "

The "Emergency Only" definition:

"Unless it involves blood or fire, it can wait."

EXTRACTION BOX

One digital boundary I'll implement today:

Your Guilt Processing Worksheet

Saying no feels dangerous because...

The worst-case scenario if I disappoint them is...

What I believe about people who say no...

Reframe:

Saying no to them is saying yes to: _____

EXTRACTION BOX

Whose disappointment am I most afraid of?

Your Boundary Breach Repair

When you slip and say yes, or they ignore your no.

The “Oops” script:

“I made a mistake agreeing to this. I need to walk it back.”

The broken record technique:

“I know, and my answer is still no.”

The escalation protocol:

What to do when they don't respect the first boundary.

EXTRACTION BOX

A boundary I need to re-establish:

Your Pre-Boundary Ritual

The 24-hour pause before committing:

Never say yes in the room. Always sleep on it.

The “Let me check my calendar” buying time phrase:

Your automatic response to any request.

The body check:

Where do I feel tension when they ask?

(Throat = can't speak truth, Gut = intuition saying no, Chest = heart guilt)

EXTRACTION BOX

My body's signal that a boundary is needed:

Your Boundary Maintenance Calendar

Quarterly relationship audit (who's respecting the new boundaries?)

The “Boundary Reset” conversation schedule

Check-in: Is this boundary still serving me?

EXTRACTION BOX

When will I review these boundaries?

Your Consultant/Client Specifics

Scope creep prevention:

"That's outside this engagement, but I'd be happy to send a proposal for Phase 2."

Rush fee script:

"I can accommodate that timeline at my rush rate of \$X."

After-hours boundary:

"I don't respond to client communication on weekends."

The "commencement/closure" ritual:

(Formal start and end to work relationships)

EXTRACTION BOX

My business boundary that will cost me money but save my sanity:

Your Enmeshment Detangler

For codependent or over-functioning relationships.

“I am responsible for my emotions. You are responsible for yours.”

“I can't fix this for you, but I can sit with you while you feel it.”

The “drop the rope” visualization (stop tug-of-war by letting go)

EXTRACTION BOX

Where am I over-functioning?

Your Boundary Success Log

Evidence collection for the anxious brain. Celebration of maintained boundaries.

I said no to: _____ on _____ and the world didn't end.

I said no to: _____ on _____ and the world didn't end.

I said no to: _____ on _____ and the world didn't end.

I said no to: _____ on _____ and the world didn't end.

I said no to: _____ on _____ and the world didn't end.

EXTRACTION BOX

My most proud boundary moment:

YOUR BOUNDARY CONTRACT

*“I commit to treating my time and energy as finite resources.
I will say no without apology, yes without resentment,
and maintain boundaries with compassion.”*

Signature: _____

Date: _____