

## THOUGHTFUL CONNECTIONS

Counseling, LLC · Counseling with Care

### A PRACTICAL PERSONAL TOOLKIT

# Thoughtful Boundaries

## Scripts for Real Life

Find words for your limits.  
Practice a response that fits your life.

30 original scripts · 5 everyday contexts  
Practice pages and eight phone reference cards

**Denitra L. Gaines, LPC, NCC**

Printable edition · 16 pages

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## FAMILY

# Limits with people you love

Connection does not require constant availability. Choose language that fits your relationships and the practical support you rely on.

**01 Time before a commitment**

I need to check my time and energy before I answer. I will let you know by tomorrow afternoon.

**02 Visits by arrangement**

I am not available for visits without checking first. Please call before coming over so we can find a time that works.

**03 Keeping a decision private**

I am not ready to discuss that decision. If I want input later, I will ask.

**04 Declining financial help**

I cannot lend money this time. I know that may be disappointing, and my answer is still no.

**05 Body or relationship comments**

I am not open to comments about my body or relationship status. If they continue, I will step away from this conversation.

**06 Ending a circular conversation**

We have both explained our views. I am going to pause here rather than keep repeating the same conversation.

Practice reminder: an alternative is optional. Choose wording and a next step that fit your circumstances.