

How To Set Boundaries

@itslisawelsh

Module 4 - Real Life Examples

This is a list of responses you can use to enforce your boundaries in everyday life. Add your own!

No, I am not able to do that.

Why do you ask?

I don't know you well enough to discuss something like that.

My _____ is none of your business.

I'd like you to keep those thoughts/comments to yourself.

Please stop _____. It is making me feel _____.

Please keep those comments to yourself.