

Boundary Response Practicee



Ready-to-Use Scripts:

For Friends/Family: "I'd love to see you, but that's during my rest window. Can we do a morning instead?"

For Doctors: "My brain fog is heavy in the afternoon. I need a morning spot so I can understand my care plan."

For Everyone: "That time doesn't work for me, but thank you for thinking of me!"



My Personal Script Builder:

Think of ONE situation where you usually feel pressured to say yes.

What they usually say:

What I will say next time:

