

Boundary Script Worksheet

Name the situation

The behavior I need to address is...

Name the limit

What I can do is... / What I cannot do is...

Draft the script

I care about this, and I need to be clear...

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Before you send it

- The boundary describes behavior, not character.
- The script is shorter than my explanation impulse wants.
- I named what will happen next.

I removed sentences that beg for permission.
My final version: